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Ottawa metro



HELEN HUNT'S
NEW HOBBY
metroLIFE



Your essential daily news | WEEKEND, MAY 1-3, 2015

High 20°C/Low -9C Sunny



WON'T
PLAY FOR
OIL

LOCAL BANDS
OPPOSE A
NEW PIPELINE
metroNEWS



FESTIVAL

Protesting pipeline dollars

Oona
Woods
For Metro | Ottawa

A group of musicians is threatening to pull out of a local music festival because the event is being sponsored in part by TransCanada Corporation, the company behind the proposed Energy East pipeline.

Now the pressure is on for a crowdfunding campaign to return the company's \$5,000 sponsorship after the money sparked a boycott.

Singer-songwriter John Carroll is considering cancelling his appearance at the Kemptville Dandelion Festival on May 22.

"We all have signed contracts," Carroll said. "But without speaking on anyone else's behalf and with absolutely no disrespect to the festival, if TransCanada is a sponsor or has any affiliation, then I won't play the festival."

The pipeline is slated to carry 1.1-million barrels of crude oil per day through the Leeds and Grenville region, just south of Ottawa.

Festival chairman Shaun Vardon says this came up too late.

"We can't hack and slash (the festival) now," Vardon said.

Vardon says they immediately began talks with concerned parties and no one has officially pulled out as yet. "If they can match TransCanada's sponsorship by May 8 we will return the money."

The organization Sustainable North Grenville plans to try and raise \$5,000 on the indiegogo.com crowdfunding site.

Vardon says TransCanada will take the money back with no hard feelings if it is returned.

metro's NEW VOICES



REBECCA
KOHLER
SELFIE STICKS: NOOOO



JESSICA
ALLEN
MY TV DINNER



ROSEMARY
WESTWOOD
SEX ASSAULT & THE MILITARY

WHY THOUSANDS OF CANADIANS CHOOSE TO INVEST IN ECUADOR?

ADVERTISING

Having created a stir in February by becoming the first foreign country to advertise itself during the Super Bowl, Ecuador has reminded the world that it has all it needs to be appealing to travellers: the Galapagos Islands, the Andes, the Amazon, volcanoes, beaches and the culture of the indigenous people are just a few reasons to visit. Somewhat less known, however, is that more and more Canadians are settling there seasonally or permanently, thanks to a Canadian company established there since 2010: HolaEcuador.

About Ecuador...

- **Best country in the world for retirement** - International Living, 2008-2013, 2015
- **13th in the world for the effectiveness of healthcare** - Bloomberg Magazine, 2014
- **No hurricanes**

COMBINE VACATIONS AND REVENUE...

«I've been thinking about preparing my retirement in the south for years.» says Tim Jones. «From the start, what really impressed me with HolaEcuador was that I was signing a contract with a Canadian company. I know I'm protected by our laws and everything is done in my own language. It's reassuring. Then, of course, there is the cost of living which is three times lower than in Canada, very affordable properties and the fact that the most beautiful months of the year are January to March, precisely the months during which I want to have my feet in the sand! Throughout the rest of the year, I can easily rent out my house: there are rental management companies on site. For less than US\$ 95,000, I have my turnkey house just a 10 minute walk from the beach in a Canadian community with 24/7 security. In Costa Rica, the same thing would have cost me at least 3 times more!»

...OR MAKE IT A LIFE PROJECT

When asked about what motivated them to move abroad to Ecuador, Josie and Martin reply, in unison: «the freezing cold!». «And the cost of living,» adds Martin. «For us, it was also an opportunity to start a business. We went there to establish contacts and we just fell in love with the country. The people are so friendly and easy-going. With the information given to us by HolaEcuador and by doing a little digging for information ourselves, we plan to take the plunge in the next year. The visa is easy to obtain and if you own a property in Ecuador worth US\$ 25,000 or more, you can apply for permanent residence.»

Regardless of the project, HolaEcuador offers three interesting alternatives: fourplex OCEANFRONT condos, turnkey houses with semi-private pool or the purchase of a lot with 5 years to build a custom designed home.

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FREE INFORMATIONAL SEMINARS IN MAY

TORONTO : Tuesday, May 5, 7 p.m.

Hilton Toronto, 145 Richmond St W

Get info / register : Robert S. Williams, 647 478-8219

TORONTO : Saturday, May 9, 1 p.m.

Holiday Inn Toronto Airport East, 600 Dixon Rd

Get info / register : Robert S. Williams, 647 478-8219

OTTAWA : Thursday, May 7, 7 p.m.

Westin Hotel, 11 Colonel By Drive

Get info / register : John Leask, 613 518-1973

OTTAWA : Saturday, May 9, 1 p.m.

Travelodge Conference Centre, 1376 Carling Ave

Get info / register : John Leask, 613 518-1973

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Not paying their fair fare

CURRENCY

Change for the bus isn't always Canadian kind



Haley Ritchie
Metro | Ottawa

The city collects a lot of loonies, toonies, quarters and dimes when people pay their \$3.45

bus fare in change.

But Ottawa is a diverse place, and inevitably the odd British shilling, Malawian kwacha, or Icelandic króna ends up getting thrown in with the rest.

That's how the city has ended up sitting on a pile of foreign coinage and bills from 149 countries; some of those coins and notes aren't even in circulation any more.

Jeff Byrne, the city's chief procurement officer, wouldn't disclose the value of the

collected coinage, but he did say it had been collected "over many years."

The cold hard (and currently useless) cash is currently being stored in a vault, so the city is now trying to find someone to buy all of those foreign coins and bills.

"The city is interested in parties that accept all variety of coins and bills and who will provide an all-encompassing end-to-end solution, including but not limited to pickup,

transportation, counting, sorting, disposal and exchange," says an internal contracting document.

Currency from the United States, which is probably most common in fare boxes, isn't included in the list of foreign coins.

Not surprisingly, British coins are the most common, but the range of countries demonstrates the diversity of the city and includes the Isle of Man and the Baltwick of Jersey.

+ A FEW COLLECTED COIN COUNTRIES



Mexico



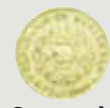
Hong Kong



Bahrain



Britain



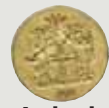
Guatemala



Yemen



Malta



Iceland



Sell your old Gold and Silver THIS WEEKEND!

Find out what it's **REALLY** worth from the most trusted name in the industry

MAY 2 - 5

Bob MacQuarrie Rec. Complex
1490 Youville Dr., Orleans
Sat. & Sun., May 2 & 3
9 a.m. to 5 p.m.
Mon. & Tue., May 4 & 5
11 a.m. to 7 p.m.

MAY 2 - 5

Country Inn & Suites
578 Terry Fox Dr., Kanata
Sat. & Sun., May 2 & 3
9 a.m. to 5 p.m.
Mon. & Tue., May 4 & 5
11 a.m. to 7 p.m.

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FREE GIFT!

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Customers only, while quantities last.

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This chain was worth \$92.21

These earrings were worth \$59.67



These two wedding bands were worth \$158.96

The **TOTAL** payout was... **\$876.83**

Lounge owner 'optimistic'

VAPOUR SOCIAL

Camille Salter: Her business gets smokers 'off the street'



Joe Lofaro
Metro | Ottawa

In 2011, Camille Salter opened, with her partner, The Vapour Social on College Street on the edge of Toronto's Little Italy. It's a place for customers to smoke some weed, chill out and play one of their 80 board games.

It's one of at least five pot lounges in the GTA.

She says her business gets pot smokers off the streets and she is "optimistic" about the

first one to open in Ottawa. This story has been edited for space and clarity.

Q: How does your business work?

A: You've got to be 18, you've got to have valid ID. We don't sell any cannabis at all on premises, so you've got to bring your own bud. You can use my vapourizers or you can rent my bong. You have to pay the (\$5) membership fee. We have probably 80 different board games you can choose from to play. The WiFi is included as well. It's a safe, living-

room-style space where you can come use your cannabis off the street.

Q: How many times have Toronto police visited your marijuana vapour lounge?

A: They did once, but they were looking for the piercing studio downstairs.

Q: What are the clientele like at The Vapour Social?

A: Our clientele is generally in their early 20s right up to their 60s. Most of them are early-20s to mid-30s. It's probably 60 per cent men, 40 per cent women. Particularly this year we're seeing an influx of the female population.

Q: Do you get customers without a medical marijuana license?

A: They come in, certainly. Legally, we're not allowed to ask for medical documentation. We totally let them in, but they understand that they're at risk. The stuff is still illegal.

But here in Toronto, anything less than half an

ounce, generally speaking, the police aren't too worried about it.

Q: What do you think of Ottawa opening its first pot lounge?

A: I think it's going to be really interesting going forward. Being the capital, public perception of what's happening there is going to be of concern to everyone. To see someone open a vapour lounge there is a ballsy move.

I hope they did their research, because it's not going to be easy for them, particularly being the first one.

They're going to have an uphill battle, but if they can stick to their guns and keep things low key, and keep everybody safe, they might have a chance out there. I'm totally optimistic.

LOUNGE

Raid would be 'waste' of resources

As Ottawa police remain mum on their stance about the city's first marijuana vapour lounge, a local criminal defence lawyer says arresting customers could be a costly operation.

Joseph Addelman said the owner of BuzzOn vapour lounge on Montreal Road shouldn't have anything to worry about as long as he is not producing or distributing cannabis on the premises.

But if his customers don't have a medical license to smoke the plant — which is illegal — that's another story.



I think probably once people believe police will leave it alone it will survive.

Joseph Addelman

Mayor Jim Watson has already said he isn't digging the new joint and told reporters on Wednesday he "fully expects" the police to enforce the laws on what he calls a two-fold issue: the possibility of illegal drugs, but also secondhand smoke.

If the police do raid the shop, Addelman said, it would be "wise" for them to find a justice of the peace who is willing to sign off on a search warrant.

"They would need reasonable and probable grounds to believe that offences are being committed on the premises. So they would have to put the place under surveillance, they'd have to be able to present to a justice," said Addelman.

"You're talking about thousands and thousands of dollars of our police resources. Then a Crown has to review it and prosecute it. As soon as you go down that path you're talking about pretty serious expenditure of public resources."

Ottawa police spokesman Const. Marc Soucy said police are still looking into BuzzOn and would not provide any comments to Metro.

"I think probably once people believe police will leave it alone it will survive. There's certainly an appetite for marijuana, you just have to go through the criminal courts to see that," said Addelman.

"There is still a surprising number of people criminally charged for possessing small amounts of marijuana, as small as a couple of grams. It's shocking."

JOE LOFARO/METRO

Camille Salter, co-owner of The Vapour Social.

KEITH BEATY/TORONTO STAR

POT

Medical marijuana vapour lounge overdue: Patients



Lucy Scholey
Metro | Ottawa

When Suzi Strand stopped into a medical marijuana vapour lounge in Toronto, she was not greeted with a cloud of thick smoke or blaring music.

Instead, it was a place the Stittsville resident could go and socialize with other people, like herself, who rely on vapourizers and other forms of medical cannabis to get through the day.

"Vapour lounges are not the social menace that people

think that they are," she said.

BuzzOn, a medical marijuana vapour lounge, recently opened at 29 Montreal Rd. It's "long overdue" said Strand, who suffers from multiple sclerosis, fibromyalgia, PTSD and trigeminal neuralgia, commonly referred to as the "suicide disease."

"A place like a vapour lounge is a safe place for patients to come together and chat and have some sense of community," she said.

"It's really quite helpful for people who suffer with depression to be able to know that there's someone out

there who suffers like they do and medicates the way that they do."

Ottawa resident Sandy Daviau, who has multiple sclerosis, says life can be solitary for medical marijuana patients. He's willing to pay the BuzzOn membership fee to puff his medicine in the company of others.

"It's a place where we can go meet and greet each other, pass on news, information, everything," he said, adding that one vapour lounge in Toronto even hosts stand-up comedy nights.

On Wednesday, Ottawa Mayor Jim Watson said he was "not

impressed" with the new vapour lounge, partly for secondhand smoke reasons, and that he "fully expects" police to keep an eye on the venue for any illegal activity. BuzzOn claims it does not sell weed.

"We cannot find any studies where secondhand smoke from cannabis has caused any problem at all," said medical marijuana advocate Alison Myrden, who battles chronic progressive multiple sclerosis.

"What about the bad smell of perfume? What about somebody passing wind or what about body odour? All these things are constitutional rights

and we can't start banning anything."

In theory, anyone with a medical marijuana license is legally allowed to smoke pot. But Myrden said she received about a dozen calls this week from patients across the country who said they were arrested for medicating. It's time for authorities to catch up, she said.

"As cheesy as it sounds, there's no shame in my game," added Strand.

"I'm very proud that I use cannabis. I'm not in a wheelchair because of it. That's a big deal to me. I want to shout it from the rooftops."

Walk the walk through Ottawa

WALKING TOURS

There's much more to the capital than politics



Haley Ritchie
Metro | Ottawa

Tired of the Haunted Walk, parliamentary tours or the bus that turns into a boat? This weekend offers a unique chance to discover some new spots through special one-day community-led walking tours.

The Jane's Walk weekend in Ottawa was started 2008, and has grown to include 60

different tours in English and French that offer a new perspective on the city.

"Other people in Ottawa have something to say about some aspect of the city that really excites them and that they want to share," said Leigh Thornes. "If you want to find out about your city, you go out, you walk around, you talk to people."

Some of the guided walks have a political focus, while others are all about exploring nature, history or architecture.

The entire list is available at www.janeswalkottawa.ca

Included below are some highlights:

1 PLACES OF SIGNIFICANCE TO HOMELESS PEOPLE

This walking tour of the By-Ward Market starts at Shepherds of Good Hope and incorporates the voices and experiences of many people who might spend the most time on Ottawa's streets.



CITY OF OTTAWA/TERANET ENTERPRISES

2 INDIGENOUS WALK

You won't look at Ottawa's monuments and downtown vistas the same way after walking with Métis artist and educator Jaime Koebel, who discusses the unceded land from an indigenous perspective.

3 USING EDIBLE LANDSCAPES TO BUILD COMMUNITY

No garden? No problem. This walk explores edibles from the "trees, shrubs, bushes and herbs" of Centretown.

4 UNAUTHORIZED HISTORY OF PARLIAMENT HILL

No tour (except the official one of course) of the Hill would be complete without some politics. Tour leader Brian McDougall promises to talk about who is celebrated (and who is not) on the lawn of Ottawa's biggest symbol.



If you want to find out about your city, you go out, you walk around, you talk to people.

Leigh Thornes

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PINK TRIANGLE SERVICE

Not into sex or romance? Try this group



Haley Ritchie
Metro | Ottawa

Asexuals — people who don't feel sexual attraction — might be happy to sit on the sidelines when it comes to certain dating rituals, but they still want to talk about their lives.

The founder of Pink Triangle Service's newest support

group for "Aces and Aros" said people who identify as asexual or aromantic, meaning they don't feel either sexual attraction or romantic attraction, still face challenges in society.

"In our society we're so sex-heavy, we see it in ads, TV shows and movies," said Jenna Spagnoli, the organizer of the group. "It can be isolating."

"(People on the asexual spectrum) face rejection or ridicule,

or it's tough to find a partner that's comfortable or okay with that," she said.

So far the Facebook event has around 40 people confirmed for their first meeting.

Spagnoli herself identifies as demisexual, meaning she feels sexual attraction only after really getting to know a person over time.

She wanted to start the group because she said people often wouldn't understand her

preference when she explained it on first dates.

"Before I found the label, people thought I was weird, that I was making it up or that I was just a prude," she said.

"Now there's articles and resources online for them to look up. It's been empowering."

The group's first meeting was April 30, but Spagnoli is hoping it becomes a regular event.

Exclusively ours

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A \$197 value*

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GIFT INCLUDES:

- Prevage® Anti-aging Moisture Lotion SPF 30, 15 mL
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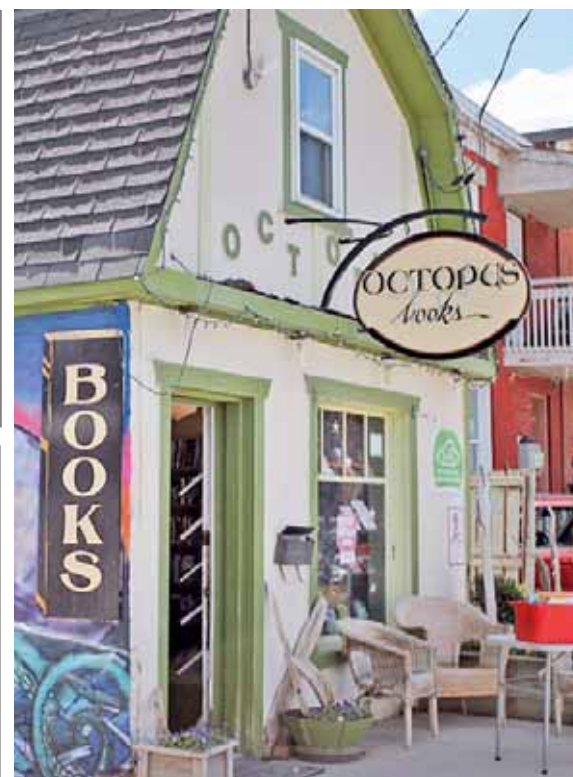
MAY WE SUGGEST:

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Authors for Indies runs from 11 a.m. to 5 p.m. Saturday at Octopus Books' Glebe location. NICHOLAS HODGE FOR METRO

Authors to boost indie bookstores

STORES THREATENED

Writers will sell books in Canada-wide event Saturday

Nicholas Hodge
For Metro | Ottawa

When Peggy Blair first saw how popular ebooks were getting she felt "like a blacksmith watching the first train go by."

As a local author and book lover, she is looking forward to participating in Saturday's Authors for Indies campaign at Octopus Books.

The nationwide initiative will bring hundreds of writers to independent bookstores in the hope of challenging the power of chain bookstores and ebooks that have led to

the closing of indie shops.

"They asked us to choose books that we like and then sell them," said Blair. "I chose friends of mine who are local authors so it gives us a chance to cross-promote."

While Blair likes buying books anywhere she can get them, she appreciates how well smaller outlets like Octopus Books know their buyers.

Waubgeshig Rice, who writes novels about indigenous communities, agrees with this sentiment.

"The staff at independent bookstores are especially well read in local and community sorts of titles," said Rice. "In that sense they will promote the smaller guy."

Authors for Indies will run from 11 a.m. to 5 p.m. at Octopus Books' Glebe location. Along with Monia Mazigh, Rice and Blair will take turns recommending books to shoppers.

"When you look at that list of authors you know that everybody has benefited from these independent bookstores on the way up," said Rice. "Hopefully it becomes a bigger movement and solidifies their presence."

“ [Indie bookstores] will promote the smaller guy.

Author Waubgeshig Rice

Rallying for higher pay

ACTIVISM

Anti-austerity groups to gather for May Day protests

Nicholas Hodge
For Metro

Members from dozens of activist groups and unions will converge at the Prime Minister's Office for an afternoon of protest on Friday.

May Day, also known as International Workers' Day, has been a rallying point for protesters for more than a century. While the groups set to march through downtown Ottawa have different goals, they are mostly focused on reducing economic inequality and government cuts to programs.

According to Association of Community Organizations for Reform Now (ACORN) member Blaine Cameron, whose organization represents low-income families, this is a chance to appeal to the public and support his allies.

"May Day means solidarity with other organizations that recognize the struggles for working Canadians, the



Abigail Kidd, a member of Solidarity Against Austerity, will participate on Friday in a march from the Human Rights Monument on Elgin Street to the Prime Minister's Office.

ANDRZEJ TERRENCE / FOR METRO

working poor," Cameron said.

ACORN will discuss the potential benefits of raising the minimum wage to \$15 an hour

and will address unfair conditions Ottawa renters face.

Other organizations, such as Solidarity Against Austerity, will have a broader focus. Their protest will criticize Bill C-51, which member Abigail Kidd considers a police state bill, and environmental issues.

"Bill C-51 is an important larger issue that we see as a

major problem," said Kidd. "If it passes, marches for things like we are doing on Friday might not be allowed."

The Student Federation at the University of Ottawa (SFUO) will have its own rally that feeds into Solidarity Against Austerity's as the day progresses. According to the SFUO, austerity leads to higher tuitions fees and worse experiences for students.

"It creates an inherently unfair system where people of lower incomes have to pay more for their education because they have to take out a series of loans," said Justine De Jaegher, the SFUO's campaigns co-ordinator.

Kidd estimates that hun-

BACKGROUND

Solidarity Against Austerity has five main demands for the federal government that its march will focus on:

1. Stop Bill C-51 from passing
2. Save Canada Post's home delivery
3. Raise minimum wage to \$15 an hour
4. End student debt and make tuition free
5. Stop the Energy East pipeline

dreds of people will attend Solidarity Against Austerity's march because of numbers from previous May Days.

"I think it's quite a display that people are not comfortable with austerity and it starts a larger conversation," she said.

ARTS

Dance festival lineup released

Summertime in Ottawa this year will feature sun, rain and scattered dancers.

The Canada Dance Festival announced its 2015 lineup this week, with indigenous dance projects, collaborations with the National Gallery and performances on people's front decks.

The contemporary dance series will collaborate with one of the city's most famous festivals. The CDF will stage a work called Porch View Dances in partnership with Westfest.

Jeanne Holmes, artistic director of the Canada Dance Festival, says they are using real people and places in real time to engage audiences.

"We are taking work out of the theatre and into spaces like arts galleries and front porches," says Holmes.

"(We are) shifting the traditional relationship between artists and their audiences with productions that put a new spin on what dance can be."

This year's Canada Dance Festival will run between June 6 and June 13 in various locations and front doors. OONA

WOODS/FOR METRO

May Day means solidarity with other organizations that recognize the struggles of working Canadians.

Blaine Cameron, ACORN member



BODY WORLDS

ANIMAL INSIDE OUT

MAY 1 - SEPT 20 2015

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Chicago Tribune

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Canada

Stop stressing and start cycling, advocate says

TWO WHEELS

May marks Bike to Work Month

Oona Woods
For Metro | Ottawa

A cycling advocate is calling on Ottawa residents to relax and stop stressing over cycling as Bike to Work Month swings into gear for the month of May.

Michael Napiorkowski of the Ottawa Bike Lanes Project says too much concern over equipment can act as a barrier to getting out on your bike.

"When you focus on gear and specific clothing you push cycling a bit further out of the reach of everyday people," explains Napiorkowski. "We ride Dutch cycles, the comfortable, slow, straight-backed bikes. My wife is Dutch, and we dress for

our destination; so, for me, that means a dress shirt and pants with shoes."

The annual Bike to Work challenge, endorsed by the City of Ottawa, calls on commuters to ditch four wheels in favour of two.

Napiorkowski says making cycling more relaxed will take away the barriers.

"Imagine commuting by bus with a special outfit and helmet. And then you would have to change when you got there. That would be a huge block to taking the bus," he says.

He says we need to look at cycling safety in context.

"I remember when I was a kid in the '80s," he recalls.

"No one wore a helmet ... I've seen statistics that cycling is as dangerous as being a pedestrian or a passenger in a motor vehicle but no one ever makes them wear a helmet," says Napiorkowski.

He says a hyper-focus on dan-



Maayke Schurer with daughter Yfke Schurer-Napiorkowski. Michael Napiorkowski of the Ottawa Bike Lanes Project says too much concern over equipment can act as a barrier to getting out on your bike. MICHAEL NAPIORKOWSKI/CONTRIBUTED

ger can make people feel at risk when they are not.

"If you are mountain biking, yes wear a helmet for jumping over logs, but with the slow comfortable commute to work?

I'm not pro- or anti-helmets, people can do whatever makes them comfortable."

Napiorkowski says keeping things simple, convenient, comfortable and practical will help

entice everyone onto their bikes regardless of age or ability.

"It's about reducing traffic and encouraging people towards a more livable city," he says.

TECHNOLOGY

Health on track with app

A senior Ottawa scientist says paper immunization records will soon be a thing of the past, so he is testing a new smartphone app to see how parents warm to the idea of keeping their kids' medical information at their fingertips.

"I think keeping paper records is really problematic," said Dr. Kumanan Wilson, who led the conceptual design of the ImmunizeCA app at the Ottawa Hospital Research Institute (OHRI).

The app allows parents to digitally transmit their kids' vaccine records to a database accessible by Ottawa Public Health.

"If you forget your card at one visit, they'll often give you another card so you'll have two cards for that child. Parents can end up with several cards for their family; it becomes very difficult for them to keep track of as opposed to having it all on one drive," said Wilson.

More information about the app is available at appottawa.immunize.ca.

JOE LOFARO/METRO

BUSINESS

Warm weather is here, but still no patio for Union 613

While the weather in Ottawa is finally fit for sipping suds outside, at least one Centretown restaurant is lamenting patio season.

That's because the owners of Union 613 are not allowed to build the patio they want.

"We were down probably about 75 per cent business

last night because of the warm weather and we are deathly afraid that that's going to continue," said Ivan Gedz, the co-owner of the restaurant at 315 Somerset St.

"If it were to continue on a consistent basis throughout the summer, it would drastically affect our

ability to function."

In 2013, the restaurant applied for a 32-seat patio along the front and into the two-car parking lot along the west side of the building. It required a minor variance because the patio would take up a portion of the restaurant's driveway.

Only the owners use that parking space, said Gedz.

However, the city adjustment committee rejected the request, arguing "the existing driveway on the property serves an important function for the regular operation of the existing business on the site" and that it would

cause "undue and unnecessary stress on traffic flow along Somerset Street."

The city would allow a five- or six-seat patio, but that's not financially feasible, said Gedz. Further, delivery trucks are often allowed to stop and unload on the busy street.

Gedz said he cannot re-

apply for a minor variance unless he changes his plan.

On Wednesday evening, he decried the patio problem on social media.

On Twitter, Somerset Coun. Catherine McKenney said she wished to meet with Union 613.

LUCY SCHOLEY/METRO

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Police investigation ends after an alleged incident of indecency by hockey players in a Boston Pizza washroom. METRO FILE

OLYMPIQUES

No gross indecency charges for players

Police report that they will not lay any charges against Gatineau Olympiques hockey players following an alleged "gross indecency" case in the bathroom of a Boston Pizza last February.

Gatineau police received a complaint on Feb. 21 about

the incident.

LeDroit, the French-language daily newspaper, reported the incident involved six players with the Quebec Major Junior Hockey League team and a woman inside a washroom at the restaurant. LUCY SCHOLEY/METRO

SCHOOLS

Province lets kids carry own puffers

Ontario has made it illegal for schools to keep inhalers away from kids suffering from asthma with legislation crafted following the death of a 12-year-old boy.

Ryan's Law is named for Ryan Gibbons, who died Oct. 9, 2012, after suffering an asthma attack during recess.

His school in Strathroy, southeast of London, did not allow him to keep his puffer with him, despite repeated efforts by his mother and a doctor's note.

"You would give him an inhaler but then he would get caught with the inhaler and then it would be taken away," Sandra Gibbons said Thursday.

"Then I'd get a phone call. So it was actually very frustrating. I didn't understand why. I didn't realize that the policy actually stated that the prescribed medication needed to be in the office."

She said her son was an energetic boy who loved motorbikes and hiking.

"There's so much I can say about him and it's just really hard because it's just — you miss him," she said.

It seems common sense that kids would have access to their life-saving medication, said Progressive Conservative MPP Jeff Yurek, who introduced the private member's bill passed

unanimously Thursday.

School boards across the province had a patchwork of policies on inhalers.

The Asthma Society of Canada's president and CEO, Rob Oliphant, said he believes Ontario will be the first to enact legislation on the matter.

"It's usually part of a blanket understanding of medications, so they say medications are unsafe. They have that idea in their head, so they lock them up in the principal's office."

An asthma sufferer himself, Oliphant said it's stressful to not have his inhaler nearby.

"It is exactly the same with children," he said.

"Children need to have the confidence that their medication is near them, that if they have an exacerbation, if they're out running in a playground they have something with them. Not only do their triggers actually affect their lungs ... but the stress of not having a puffer available can actually exacerbate it."

Once the bill receives royal assent, every school in Ontario will be required to allow a student to carry asthma medication with the permission of their parent or guardian and doctor. It will also require schools to develop ways to reduce exposure to asthma triggers.

THE CANADIAN PRESS

Teachers might strike

ELEMENTARY EDUCATION

Parents must be notified by May 6 for May 11 walkout

Elementary and occasional school teachers in the Ottawa-Carleton District School Board will be in a legal strike position

in a matter of days. But parents don't need to panic ... yet.

The union must give parents five days' notice. With a legal strike position in effect May 10, parents would have to be informed May 6 for a walkout May 11.

In an email to parents late Thursday afternoon, director of education Jennifer Adams said parents will be kept informed throughout the process.

"We will be communicating regularly with parents and students to provide you with as much information as possible, as early as possible so that you can plan accordingly," Adams stated.

Adams said if teachers and occasional teachers hit the picket lines, all elementary classes would be cancelled for student safety.

OONA WOODS/METRO

+ NEGOTIATIONS

New process

The province must negotiate with teachers' unions on financial matters, while boards handle smaller items. A stalled central negotiation increases the risk of local strikes. METRO

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BOUNTIFUL, B.C.

Sect leader faces new polygamy charges

The B.C. government is defending its right to lay a polygamy charge against the head of a fundamentalist Mormon sect in the province's southern Interior, say documents filed in B.C. Supreme Court.

The province previously appointed a series of special prosecutors to pursue a charge against Winston Blackmore, one of the leaders of a fundamentalist splinter community in Bountiful, B.C.

An earlier attempt to prosecute

was quashed by the court after Blackmore's lawyer successfully argued that the government couldn't keep appointing successive prosecutors until it got the recommendation it wanted.

The province said it is justified in reopening the case against Blackmore because of new police evidence, as well as more constitutional certainty following a 2011 B.C. Supreme Court decision that confirmed polygamy violated the Criminal Code.

THE CANADIAN PRESS

POLITICS

Tories face backlash over expensive ads

Happy-looking families, soccer-playing children and friendly neighbours are a staple of prime-time television these days as the Conservative government churns out post-budget advertising spots with the use of millions of dollars in taxpayers' money.

Prime Minister Stephen Harper says it's needed to make the public aware of Ottawa's programs. But the government ad blitzes, which have cost an estimated \$750 million since Harper took power, are fuelling a fierce pushback from those who see the messaging as too pro-Conservative.

The Canadian Taxpayers Federation (CTF) says the ads are torqued for partisan gain, are a waste of precious financial resources and an affront to democratic fairness.

"It seems to me that everyone agrees the amount that's being spent now is too much," said CTF federal director Aaron Wudrick.

The Conservatives have often been criticized for the 2013 Canada Job Grant ads, which ran long before the program was put in place. Democracy Watch, the Ottawa-based citizens' reform group, has launched a letter-writing campaign calling on federal auditor general Michael Ferguson to investigate what it calls "dishonest, wasteful ads."

Federal opposition parties have also stepped up their complaints about the television,

+ COST OF ADS

\$52.3 million

The 2009 budget, the Economic Action Plan, was promoted heavily in 2009-10.

\$2.5 million

In 2013, the Harper government rolled out a campaign to promote the Canada Job Grant, a program for employment training that did not then exist.

\$24 million

Washington, D.C., residents were bombarded with ads from the Canadian government to drum up support for the Keystone XL pipeline.

\$13.5 million

The Tories plan to spend \$13.5 million to promote their pre-election budget delivered on April 21.

radio, billboard and online ads in the wake of the Harper government's pre-election budget.

Criticizing the measures in the April 21 budget, the NDP's finance critic Nathan Cullen told MPs, "Canadians will be paying for the Conservative handouts to the wealthy for generations to come. Adding insult to injury, the Conservatives will actually spend \$13.5 million of our money for ads on their bad ideas."

TORSTAR NEWS SERVICE



PM Stephen Harper ADRIAN WYLD/THE CANADIAN PRESS

Military's problem of sexualized culture

WOMEN'S RIGHTS

Judge's report highlights misogynistic behaviour

Being called an ice princess, or a slut, or told that they only joined the army to find a man: Those are just some modest examples of the misogynistic, highly sexualized culture that pervades the Canadian military and confronts its female members every day, a long-awaited sexual misconduct review said Thursday.

Eradicating that culture will take time and a concerted effort from military leadership, former Supreme Court justice Marie Deschamps said in her report — a conclusion agreed to by top Forces brass.

They part ways, however, on the question of whether the problem can be resolved within the military itself or whether it demands outside help.

Deschamps' study, made public Thursday, documented a sexualized culture that new soldiers encounter the minute they join — one so pervasive they eventually become desensitized to it.

The result is an environment where women are afraid to report allegations of sexual harassment or assault because they fear career repercussions or not being believed by their chain of command, the report found.

Deschamps said she was able to document the extent of the problem — far worse than the military had ever previously been willing to acknowledge — mainly because she's not a soldier.

"The members at present do not have the sufficient confidence to report the incidents, and one of the reasons they



Corporal Ashley Turner goes through M72 light anti-tank weapon drills at the Kabul Military Training Centre range in Kabul, Afghanistan on Nov. 4, 2013. SGT. NORM MCLEAN/THE CANADIAN FORCES

came to me is that they were confident they were speaking in total anonymity, they were confident they could speak to me," she said.

One of Deschamps' key recommendations is to take the existing complaint and support process outside the military bureaucracy and create an independent agency, similar to those in the U.S. and Australia.

Gen. Tom Lawson, chief of the defence staff, called the idea "unique," and "interesting" but one requiring further study. He refused to commit to establishing such an agency.

In the end, the military only outright accepted two of the report's 10 recommendations — that they acknowledge there is a problem and that a broad culture shift is required to fix it.

The remainder, which

+ REPORT HIGHLIGHTS

The report involved more than 700 interviews.

It detailed rape jokes, innuendo and crude, casual references to female genitalia as some of the incidents faced by soldiers. It also provided an insight into the perpetrators.

"A commonly held attitude is that, rather than be a soldier, a sailor or an aviator, a woman will be labelled an

'ice princess,' a 'bitch' or a 'slut,'" the report said.

Maj-Gen. Christine Whitecross, who is leading the team organized by the military to respond to the report, recalled that when she joined the military, she too encountered such attitudes.

Things have improved over time, but there is a long way to go, she said.

THE CANADIAN PRESS

stemmed from the creation of the independent centre as the place to further overhaul existing policies and systems, were accepted only on principle.

The Forces said they are conducting several reviews to de-

termine best practices and are promising public updates on their progress by fall.

THE CANADIAN PRESS

BLAMING CULTURE SHIRKS RESPONSIBILITY: ROSEMARY WESTWOOD, METROVIEWS

RCMP harassment case to stay secret: Judge

+ PROCEEDINGS

The judge agreed the public should only be shut out of court proceedings in "extraordinary circumstances," but rejected the call to lift the veil as much as possible.

A thick shroud of secrecy around part of a court case that may have links to Prime Minister Stephen Harper's private life will stay in place for secret reasons, an Ontario judge ruled Thursday.

In her decision, Superior Court Justice Mary Vallee said her sealing order of last December must stand and none of the information can be released.

"All of the information in those materials and the (sealing) order relates to a subject matter which must be protected from disclosure," her ruling states.

The unusual circumstances arose in December during a civil

suit involving allegations of harassment within the RCMP filed by Sgt. Peter Merrifield, who alleges senior officers ruined his career after he launched an unsuccessful bid to run for the federal Conservatives in 2005.

In December, Merrifield called "Witness X" to testify but the proceedings went in-camera and Vallee ordered material related to the hearing sealed, including a copy of her sealing order itself.

The National Post, citing sources, has reported the material at issue includes four letters sent by private investigator Derrick Snowdy to assistant RCMP commissioner Stephen White, and the letters contain allegations the RCMP leaked private information about Harper's family.

The federal government maintains that Section 37 of the Can-

ada Evidence Act allows for confidentiality where openness would encroach on the public interest.

At a hearing earlier this month, Brian MacLeod Rogers, a lawyer for a media consortium, pressed the principle of open-court proceedings.

While protecting the identity of a confidential informant posed no problem, Rogers argued, the government had to do more than make general claims the public interest would be harmed by releasing information in a case involving allegations of wrongdoing by the country's national police force. THE CANADIAN PRESS



FUNERAL FORMER SENATE SPEAKER REMEMBERED Family members of Pierre Claude Nolin, the late speaker of the Senate, look on as his casket is taken from the church following his funeral in Montreal, Thursday.

GRAHAM HUGHES/THE CANADIAN PRESS

CRIMINAL COURT

Mountie cleared of perjury over Robert Dziekanski death inquest

A second Mountie has been acquitted of perjury stemming from a public inquiry into Robert Dziekanski's death at Vancouver's airport.

Const. Gerry Rundel was charged for lying during his testimony at the inquiry related to the Polish immigrant's death in October 2007.

Const. Bill Bentley was acquitted of the perjury charge

in 2013, though the Crown is appealing the verdict.

Former corporal Benjamin (Monty) Robinson was convicted last month of the same charge while Const. Kwesi Millington was convicted in February and is awaiting a sentencing hearing.

The four officers were summoned to the airport when Dziekanski started throwing

furniture in the international terminal, and one of them stunned him repeatedly with a Taser.

The Crown alleged the officers colluded on a story to tell homicide investigators and then lied at the inquiry to explain why their initial accounts contradicted an amateur video.

THE CANADIAN PRESS

IN BRIEF

Killer dad wants out

Allan Schoenborn promises he wouldn't attempt to escape if allowed escorted outings into the community.

Schoenborn, 47, has requested permission to leave the Forensic Psychiatric Hospital, east of Vancouver, to "take in a coffee and a walk" five years after he was found not criminally responsible for killing his children on account of a mental disorder. THE CANADIAN PRESS

Montreal safe injection sites possible

HARM REDUCTION

Following provincial support, feds must approve

The Quebec government has given the green light to a project introducing facilities in the Montreal area where drug users can legally and safely inject themselves, but it's still far from becoming a reality.

Final approval for safe-injection sites rests with the federal government, which has strongly criticized offering drug users legal spaces to consume illegal substances.

In order to operate a safe-injection site, the federal government must grant an exemption under the Controlled Drugs and Substances Act.

In 2011, the Supreme Court of Canada ruled Ottawa's refusal to renew the exemption for Vancouver's injection site — the only one of its kind in Canada — was unconstitutional because it deprived people access to potentially life-saving medical care.

In response, the Conservative government tabled strict new legislation on safe-injection sites giving the federal health minister discretion to approve an application only under "exceptional circumstances" and only after applicants fulfil a long list of onerous obligations.

The bill is currently being debated in the Senate.

Health Canada said in a statement that it doesn't publicly comment on applications for such exemptions and there is no timetable for a decision on permits for four Montreal sites — three located in community organizations and a fourth that will be mobile.

Canada's only legal, operating, safe-injection site — called Insite — has been operating in Vancouver since 2003.

Lucie Charlebois, Quebec's junior public health minister, said safe-injection sites reduce the risk of drug overdoses and offer other social and health benefits.

Catherine Maurice, spokeswoman for Montreal Mayor Denis Coderre, said the safe-injection file "is a priority for the mayor." THE CANADIAN PRESS



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Alex Colville, *Princess Edwina Adam (1965)*, National Gallery of Canada, Ottawa. Photo © NSC

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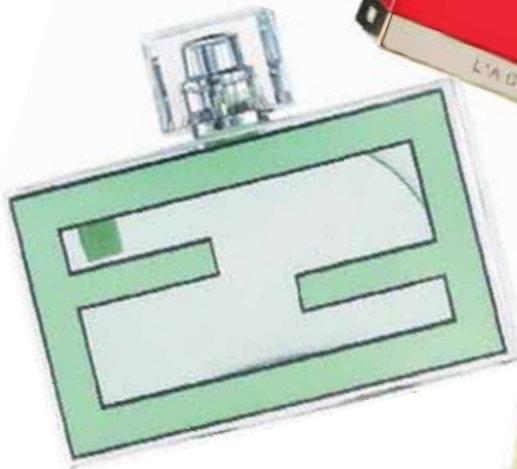
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Two saved from wreckage five days after earthquake

NEPAL

Rescue brings unexpected joy to city reeling from disaster

The 15-year-old boy had been buried alive under the rubble of Nepal's quake-stricken capital for five days, listening to bulldozers clearing mountains of debris, fearful the incessant aftershocks might finally collapse the darkened crevice where he was trapped.

And then, "all of a sudden I saw light," Pemba Tamang said, recounting the moment he was pulled from a hole at the bottom of what was once a seven-story building in Kathmandu.

Tamang did not know whether he was alive or dead. "I thought I was hallucinating," he said.

The improbable rescue was an uplifting moment in Nepal, which has been overwhelmed by death and destruction since a 7.8-magnitude earthquake hit Saturday.

By late Thursday, the government said the toll from the tremor, the most powerful recorded there since 1934, had risen to 6,130 dead and 13,827 injured.

After night fell, police reported another dramatic rescue: a woman in her 20s, Krishna Devi Khadka, was pulled from a building in the same neighbourhood as Tamang near Kathmandu's main bus terminal, according to an officer who spoke on condition of anonymity.

When Tamang was finally extricated, rescue workers inserted an IV in his arm,



Pemba Tamang is carried on a stretcher after being rescued by Nepalese policemen and U.S. rescue workers from a building that collapsed five days ago in Kathmandu, Nepal, on Thursday. NIRANJAN SHRESTA/THE ASSOCIATED PRESS

propped him onto a yellow plastic stretcher — the same kind that has helped convey countless dead — and carried him through the ruins on their shoulders as if he was a newly crowned king.

Lines of police stood on both sides, keeping back mobs of bystanders and journalists. A dazed Tamang, wearing a dark shirt with the New York Yankees logo, blinked at the bright sky.

When the procession turned a corner and entered the main road outside, there was a sound Kathmandu hadn't heard in days: the jubilant cheers of

“It gives us hope. We thought they were only bringing out the dead. It's hard to believe people are still alive.”

Hans Raj Joshi, who watched Tamang's rescue

thousands of ecstatic onlookers.

Nepal, however, is far from normal. More than 70 aftershocks have been recorded in the Himalayan region by Indian scientists in the past five days, according to J.L. Gautam, the director of seismology at the Indian Meteorological Department in New Delhi.

Shortages of food and water

and worry over the fate of relatives have triggered an exodus from the capital, prompting thousands to board buses provided by the government to their rural hometowns.

"I have to get home. It has already been so many days," said Shanti Kumari, who was desperate to see family in her home village in eastern Nepal.

"I want to get at least a night of peace."

Although small shops have begun reopening and the once-ubiquitous tent cities have begun thinning out, an air of desperation remains.

"We're still feeling aftershocks. It still doesn't feel safe," said Prabhu Dutta, a 27-year-old banker from Kathmandu.

Some residents have begun returning to work, including at Dutta's bank, but he said it was impossible to concentrate.

"We roam around the office. We only have one topic of conversation: the earthquake."

THE ASSOCIATED PRESS

PAKISTAN

Men get life for Malala attack

A Pakistani court on Thursday sentenced 10 militants to life in prison for their involvement in the 2012 attack on teenage activist Malala Yousafzai, a public prosecutor said.

Sayed Naeem said the court announced the ruling at an undisclosed location because of security concerns.

"Each militant got 25 years in jail. It is life in prison for the 10 militants who were tried by an anti-terrorist court," he said.

In Pakistan, 25 years is considered a life sentence.

Malala was shot in the head by the Pakistani Taliban when she was returning from school. The militants targeted her because she advocated education for women. Malala was initially treated in Pakistan but was later flown to a hospital in Britain, where she now lives with her family.

Malala, now 17, won world acclaim for her campaign and last year was awarded the Nobel Peace Prize.

Mullah Fazlullah, the Taliban leader who ordered the attack, is still at large, as are other militants who took part. The 10 who were sentenced on Thursday were detained by the military last year.

Also Thursday, the military said that 27 militants and five soldiers were killed in a gun battle in the country's volatile northwestern Khyber tribal region. The statement said the military was making strong gains in Khyber, a known militant stronghold.

Last June, Pakistan launched a major offensive in the North Waziristan tribal region, a long-time haven for the Taliban.

THE ASSOCIATED PRESS

BALTIMORE

Chief prosecutor considers charges

Police completed their investigation into the death of Freddie Gray a day earlier than planned Thursday and delivered it to the chief prosecutor in Baltimore, who pleaded for patience and peace while she decides whether to bring charges.

The deputy commissioner also revealed a new detail that raises still more questions about what the officers involved have told investigators: the van carrying Gray to the police station made a previously undisclosed stop

that was captured on a "privately owned camera."

State's Attorney Marilyn Mosby must review the evidence, consider charges and decide how to move forward in the death of Gray, who suffered severe spinal injuries at some point after he tried to run from police on April 12 and died a week later.

Police Commissioner Anthony Batts provided no details about the report, which he said represents the work of more than 30 investigators. THE ASSOCIATED PRESS

IN BRIEF

Another 150 women, children rescued by Nigerian military

More women and children have been rescued from Islamic extremists in the remote Sambisa Forest by Nigerian troops amid reports that some of the women have fought their rescuers.

The Nigerian military first reported rescuing almost 300 women and children on Tuesday after deploying ground troops more than a week ago. Army spokesman Col. Sani Usman said Thursday more than 100

girls and 50 women were rescued, apart from the first reported group.

It remained unclear if any of the schoolgirls kidnapped from the northeastern town of Chibok a year ago were among those rescued.

Some captives have reportedly become indoctrinated into believing the group's Islamic extremist ideology, while others established strong emotional attachments to militants they had been forced to marry. THE ASSOCIATED PRESS

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AUSTRALIA

Opposition reaffirms death-penalty stance

Australia's political opposition accused the government of winding back the country's rejection of the death penalty during a heated debate Thursday following Indonesia's execution of two Australian drug traffickers.

The execution by firing squad of eight drug convicts, including the two Australians, has rekindled fiery criticism of the role Australian police played in 2005 in tipping off their Indonesian counterparts about a plot led by the two men to smuggle more than eight kilograms of heroin from Bali to Sydney.

The two men, Myuran Sukumaran, 33, and Andrew Chan, 34, were executed Wednesday. Other members of the so-called Bali Nine ring they masterminded received lengthy prison sentences.

Australia retaliated by withdrawing its ambassador from Jakarta, but ruled out downgrading its co-operation with Indonesian police, which it regards as a crucial defence against global terrorism.

Critics argue that Australia weakened its anti-capital punishment credentials when it failed to criticize Indonesia in 2008 for executing three Indo-

nesian terrorists responsible for bombings on Bali in 2002 that killed 202 people, including 88 Australians.

The opposition Labour Party on Thursday accused the government of playing down Australia's opposition to the death penalty in its latest directive to the Australian Federal Police on how it should co-operate with other police forces, including that of Indonesia.

Labour questioned why Justice Minister Michael Keenan had removed from his latest directive a requirement that police "take account of the government's long-standing opposition to the application of the death penalty in performing its international liaison functions."

The directive, issued last May, outlines the government's priorities and expectations for police.

Opposition leader Bill Shorten said the directive undermined protocols aimed at preventing Australian police co-operation from leading to the execution of Australians.

He told reporters that Labour wants to make sure that such executions "can't happen again."

"I'm pretty outraged and offended that the Labour Party would use the tragedy of two Australians being executed to make what is an incredibly cheap and invalid point," Keenan said.

Amnesty International said in a statement Thursday that "Australia and its agencies must take a consistent and principled stance against the death penalty in all circumstances."

THE ASSOCIATED PRESS

Argentinian families looking for closure

VATICAN

Relatives hope Pope will open files on '76-83 disappearances

Family members of people forcibly "disappeared" during Argentina's 1976-83 military dictatorship are hoping Pope Francis will order the opening of files from the era.

Graciela Palacio de Lois, a

member of the group Families of the Disappeared and Held for Political Reasons, said Thursday that the Argentine-born pope showed signs of wanting to release the files during the meeting.

The files contain complaints to the papal nuncio in Argentina and the episcopate by families of those disappeared during the military crackdown, including Palacio de Lois' letter denouncing the 1976 disappearance of her husband.

"The Vatican would just send us a brief reply saying they had

The Vatican would just send us a brief reply saying they had received it.

Graciela Palacio de Lois, regarding her complaints

received it," Palacio de Lois said.

But she said that when the head of her group, Angela "Lita" Boitano, personally asked the Pope to have the files released,

he responded: "We're on it."

"The Pope also said they're working on that and they're preparing a document," Palacio de Lois said. She said the information was later confirmed by Monsignor Giuseppe Laterza of the Vatican secretariat of state.

Official estimates say 13,000 people were killed or disappeared in a government-sponsored crackdown on leftist dissidents during Argentina's "Dirty War." Human-rights activists believe the real number was as high as 30,000. THE ASSOCIATED PRESS

+ BACKGROUND

Anti-death-penalty advocate Matthew Goldberg said Australian opposition to the death penalty has "hardened" since 2008, when Indonesia executed Bali bombers Imam Samudra, Amrozi Nurhasyim and Huda bin Abdul Haq.



VIETNAM CELEBRATING 40 YEARS SINCE 'THE FALL OF SAIGON' A float depicting a tank that crashed through the gate of the presidential palace, marking "the fall of Saigon," takes part in a parade in Ho Chi Minh City, Vietnam, on Thursday, celebrating the 40th anniversary of the end of the Vietnam War. DITA ALANKARA/THE ASSOCIATED PRESS

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A thick plume pours from the Calbuco volcano, near Puerto Varas, Chile, on Thursday, prompting officials to order the evacuation of nearby areas. DAVID CORTES SEREY/THE ASSOCIATED PRESS

Chile's Calbuco erupts again

HIGH ALERT

Heavy rains could lead to devastating volcanic mud

The Calbuco volcano erupted again on Thursday, sending dark bursts of ash and hot rock billowing four kilometres into the air and prompting Chilean officials to order a new evacuation of nearby areas.

Thick clouds boiled out of a 2,000-metre cone, bringing the threat of new, heavy ash fall over villagers struggling to clean up from two huge blasts last week. The surrounding

area was evacuated after the volcano first erupted last Wednesday afternoon, but many people had begun to return to their ash-drowned homes.

"We were working, cleaning the ash and sand from our homes when this third eruption took place. I feel so much anger and impotence it just breaks me apart," Horacio Camano, 43, said sobbing after fleeing the town of Ensenada with his family.

"There are no words for having to live this over again — having our families worried about us, all phones collapsed. I just want this to calm down so we can return home."

The eruptions at the Calbuco are the first in more than

four decades. More than 4,500 people have been evacuated since the Calbuco roared back to life on April 22, sending ash about 18 kilometres into the sky.

Hours later, it produced a second, spectacular outburst that turned the nighttime sky reddish orange and caused huge lightning bolts to crackle through its ash plume.

The ash from those eruptions spread across the southern part of the continent, disrupting flights all the way in Argentina's capital, Buenos Aires, and causing widespread economic damage by turning cattle pastures barren and choking fish in one of the world's top salmon-producing countries.



I feel so much anger and impotence it just breaks me apart. There are no words for having to live this over again.

Horacio Camano, 43, after fleeing the town of Ensenada with his family

"This latest eruption is much smaller than the other two," Deputy Interior Minister Mahmud Aleuy said during a news conference, adding that while the situation is not dangerous so far, some 2,500 people will be pulled out.

"We're talking about a plume that is about four kilometres and that is directed toward the southern part of

the volcano, so we shouldn't have major problems except for those who live in the south of the volcano and who will be hit by ash."

The director of the National Mining and Geology service said that new eruptions greater than those last week are not expected. But he warned that rains, which are expected to fall beginning on Friday, could

lead to devastating volcanic mud, known as lahars, which are capable of levelling anything in their path once in motion.

"Lahars are possible if we get heavy rains, so it's still a concern," said Rodrigo Alvarez, the head of the service. "This emission should begin to weaken in the coming hours and we'll have new forecasts. For now we remain on high alert."

Last week, LATAM and other airline companies cancelled several flights as a precaution because ash can severely damage jet engines. But LAN, the Chilean unit of LATAM, said its flights were not disrupted by the latest eruption.

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CRIMEA STALIN IMAGES ABOUND A woman with balloons walks past a billboard reading "Eternal glory to the victors," sponsored by the Communist Party, in Sevastopol, Crimea, on Thursday. ANTON VOLK/THE ASSOCIATED PRESS

U.K.

Political parties make final push

With a week to go until election day, the leaders of Britain's three main political parties are making their last big televised bid to win over undecided voters.

Conservative Leader David Cameron, Labour's Ed Miliband and Liberal Democrat chief Nick Clegg are fielding questions

from voters at Leeds Town Hall in northern England — though they won't debate one another.

Cameron, the prime minister, went first Thursday, defending his government's cuts to welfare benefits and arguing that his "difficult decisions" had curbed the deficit and restored Britain's economy.

Debates have been a cause of election friction. Cameron's opponents branded him "chicken" after he agreed to participate in only one, a seven-way faceoff on April 2. Opposition leaders later held another debate without him.

Britons go to the polls May 7.

THE ASSOCIATED PRESS

Former FBI agent accused of perjury

COURTS

Prosecutors say man lied to help sell his book on famous mobster

A former FBI agent lied to jurors during mobster James "Whitey" Bulger's trial and overstated his professional accomplishments, including falsely claiming to be the first officer who recovered the rifle used to assassinate Martin Luther King Jr., federal officials said Thursday in announcing a perjury case against him.

Robert Fitzpatrick, who was once second-in-command of the Boston FBI division, surrendered to U.S. marshals with his lawyer after learning there was a warrant for his arrest.

Fitzpatrick, the first witness called by Bulger's attorneys during his 2013 racketeering trial, said he tried to persuade the FBI to terminate Bulger as an informant because the mobster

didn't appear to be helping its mission to gather information on the Mafia. Fitzpatrick said his bosses didn't agree with him.

Prosecutors suggested he exaggerated that claim to sell copies of a book he wrote about Bulger.

Fitzpatrick pleaded not guilty in federal court Thursday on six counts of perjury and six counts of obstruction of justice.

Prosecutors did not seek to hold him on bail, agreeing with his lawyer that he could be released on a \$50,000 unsecured bond.

"Mr. Fitzpatrick adamantly maintains his innocence and looks forward to challenging the government's accusations as soon as possible," his lawyer, Robert Goldstein, said after the brief hearing.

The indictment alleges that since 1998, Fitzpatrick "has falsely held himself out as a whistleblower who tried to end the FBI's relationship with Bulger." He was accused of making false statements "designed to aid Bulger's defence."

+ BACKGROUND

The 85-year-old James "Whitey" Bulger is serving two life sentences after his 2013 racketeering conviction tying him to 11 murders and other gangland crimes in the 1970s and '80s.

THE ASSOCIATED PRESS

Fitzpatrick, 75, worked for the FBI from 1965 to 1986. In 1980, he was assigned as an assistant special agent-in-charge of the FBI's Boston division. In that position, he supervised the division's organized crime squad.

Fitzpatrick did not speak during Thursday's hearing, except to say "not guilty" when asked for his plea. The conditions of his release include that he give up his passport and limit his travel to within New England.

He is due back in court on June 10 for a status hearing.

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EMPLOYMENT GM PLANS TO CUT 1,000 JOBS FROM OSHAWA PLANT A sign outside Oshawa's General Motors car assembly plant is shown in Oshawa, Ont. General Motors says it will cut about 1,000 positions from its Oshawa, Ont., manufacturing operations this year as the company plans to spend billions of dollars to boost its U.S. operations. By December, GM Canada's main assembly operation is expected to have 2,600 hourly employees — down from 3,600. MICHELLE SIU/THE CANADIAN PRESS

New Canadians less of a credit risk: Study

BANKS

National rates for delinquency 20% lower in immigrants

New Canadians are a better credit risk than the general population, even though banks still tend to view immigrant investors more cautiously due to a lack of financial background information, says a new Equifax Canada study.

"There is a common misconception that providing credit

to new immigrants is a risky move for financial institutions, but the fact is that immigrants have a 20 per cent lower delinquency than the national average of the general population," explains Regina Malina, senior director of decision insights at Equifax Canada.

In her latest report, she says lenders often approach new Canadians with caution, and wind up presenting these customers with a limited product selection for credit due to a lack of insight into their credit history and risk score.

As a result, limited credit options tend to push custom-

ers to seek credit with another institution because the initial options available to them may not meet their changing needs.

Between 2006 and 2011, approximately 1.2 million people immigrated to Canada, primarily from China and India, and one of the first things newcomers do is apply for credit to secure housing, car loans and phones, she said.

The study is based on a sample of approximately 114,000 new immigrants identified within the Equifax database, who immigrated to Canada between 2010 and 2011.

TORSTAR NEWS SERVICE

CHINA

Building firm says no one goes faster

A Chinese construction company is claiming to be the world's fastest builder after erecting a 57-story skyscraper in 19 working days in central China.

The Broad Sustainable Building Co. put up the rectangular, glass-and-steel Mini Sky City in the Hunan provincial capital of Changsha using a modular method, assembling three floors per day, company vice-president Xiao Changgeng said.

The company, which has ambitions to assemble the world's tallest skyscraper at 220 floors in only three months, worked on Mini Sky City in two spurts separated by winter weather. Its time-lapse video of the rapid assembly has become popular on Chinese video-sharing sites since it was first uploaded on YouTube.

"With the traditional method, they have to build a skyscraper brick by brick, but with our method, we just need to assemble the blocks," company engineer Chen Xiangqian said.

Such modular approaches have been used for high-rise apartment blocks elsewhere, including in Britain and the U.S. Some critics say the method could lead to cityscapes with



A puddle reflects the Mini Sky City building in Changsha.
PENG PENG/THE ASSOCIATED PRESS

overly uniform architecture.

Liu Peng, associate director of the engineering consulting firm ARUP Beijing, said the method is worth developing because it could become a safe and reliable way to build skyscrapers rapidly.

"But it is not perfect, and it does not meet all kinds of personalized demands," Liu said. "People nowadays want more personalized architecture."

The company is awaiting approval for its 220-floor Sky City in Changsha. THE ASSOCIATED PRESS

IN BRIEF

Boy detained in Lego store

An 11-year-old boy's father says his son was detained for shopping by himself at Calgary's Lego store. Doug Dunlop said a guard and the store manager told him kids under 12 were not allowed inside unsupervised despite doing so dozens of times. THE CANADIAN PRESS

Court to decide if woman can sue energy firm

The Supreme Court of Canada will decide if an Alberta woman can sue the province's energy regulator over her claim that hydraulic fracturing has contaminated her well water. THE CANADIAN PRESS

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ROSEMARY WESTWOOD

metroview

"A searing portrait of harassment, abuse and rape"

We now know — beyond doubt — that military life is soaked in sexual harassment.

A report released Thursday details in 100-odd pages a sick "sexualized culture" in the Canadian Armed Forces. It's a searing portrait of harassment, abuse, rape and the silencing of victims.

But no perpetrators are held accountable in this report. It's focused on "policies, procedures and programs" around sexual misconduct and condemns all three.

Author and former judge Marie Deschamps wasn't asked by military brass to investigate assaults. They think they're already doing a good job with that. The report says they're wrong, and I can't understand why her recommendations don't call for a full investigation into cases that have been, as her report details, swept under the rug by a farcical complaints-resolution policy that treats sex crimes as misunderstandings.

Without that, military leaders, and criminals, can hide behind "the culture" — with no accountability in the ranks.

Culture is a wispy, hard-to-pin-down fog that lays blame on everyone and no one.

Gen. Tom Lawson, chief of the defence staff, and Maj.-Gen. Chris Whitecross — the woman tasked with implementing change — both admitted during a press conference to witnessing a sexualized work environment, something Lawson said "be-

came uncomfortable" when women joined the ranks.

Deschamps documents "sexual jokes, innuendos, discriminatory comments ... and unwelcome sexual touching," which are conducive to "sexual harassment and assault."

One man told Deschamps, "girls that come to the Army know what to expect."

Military women (and LGBTQ) must conform to this environment, because filing complaints would risk their careers, the report says. Most choose the jobs they love over justice. They can't have both.

Lawson did promise change. "I will not accept anything less" than exemplary conduct, he said.

But from the gist of the report, he'd have a pretty barren barracks if every officer who didn't live up to his "exemplary" standards was expelled.

Maybe a truth and reconciliation program is needed, where senior officers and others admit to and apologize for their own behaviour without fear of reprisal.

Phillip Millar, a former officer and now a lawyer who represents military sexual assault victims, said such a program could mean a meaningful change in tone from on high. Otherwise, no one is going to admit to anything, he told me.

"Influential people, respected and good people, have allowed or engaged in it," he said. Given that, we shouldn't be surprised that "culture," not people, will be blamed.

Happy face/Sad face

From the **drought diet** to **lunchbox letdown**, Metro weighs in on the news that made headlines this week



Bright lights banned on behalf of birds

New Yorkers are saying "lights out" to bright outdoor lights on government buildings between 11 p.m. and dawn during the spring and fall to help migrating birds find their way. Scientists believe birds use the stars to navigate, but they can be disorientated by electric lights, causing fatal run-ins with glass windows — the direct cause of a billion bird deaths per year.

THE ASSOCIATED PRESS



Is it time to say adios to avocados?

The drought in California is taking a toll on crops like almonds and broccoli, but hardest hit may be avocados. Farmers pay premium prices for increasingly rare water, and avocados are thirsty — a pound needs 72 gallons to grow, compared to nine for tomatoes. If the drought continues, avocado prices will skyrocket — if they're available at all. If you love guacamole, maybe now's the time to binge. GRUBSTREET.COM



What your brain looks like on flakka

A spate of bizarre incidents in Florida have been blamed on Flakka, a synthetic drug similar to bath salts. One user ran around naked yelling he was Thor; another impaled himself on a fence. The drug, also called gravel, is cheap at \$5 per vial, causes delusions and is dangerous: the people who spontaneously strip do so because the drug causes a spike in body temperature to a life-threatening 41 C.



That's the way the cookies don't crumble

A four-year-old girl in Denver came home from school disappointed, with untouched Oreos and a note from her teacher. The preschooler told her mom that she wasn't allowed to eat the cookies in her lunchbox because they weren't healthy enough. The note told her parents to pack a nutritious lunch that includes a fruit, vegetable and a healthy snack.

THE ASSOCIATED PRESS

Selfie sticks — please leave home without one

THE KOHLER REPORT

Rebecca Kohler



Organizers of Grand Slam tennis tournament, Wimbledon, announced this week that they will be banning selfie sticks from this year's event and I say, "Point Wimbledon!"

If you don't know, selfie sticks — sometimes referred to as "The Wand of Narcissus" or "narcissisticks" — are long poles to the end of which one attaches their smartphone, allowing for better, wider selfies.

The first time I saw a selfie stick in a store I thought it was a gag gift, akin to those wine glasses that hold an entire bottle of wine or fake doggy-doo.

When I realized it wasn't a joke, I wondered who could be SO dedicated to taking pictures of themselves that they

needed a tripod — or uni-pod — to do it?

It's like investing in equipment for a company named SelfLove Incorporated.

I'm not saying I've never taken a selfie. Like smoking, it's the kind of thing most people have tried at least once — and those who haven't are probably boring and self-righteous like the people who brag about not being on Facebook.

And selfies can be really handy. Like when you're buying new glasses and you want a friend's opinion, or when you have a weird rash and need your mother's advice (it was eczema).

But on a recent trip to Mexico, I realized how out of hand the selfie and selfie-stick situation was. My boyfriend and I paid \$150 each for a tour to the Mayan ruins of Chichen Itza. When we got off the tour bus, I saw a flurry of selfie

sticks extending around me like a crowd of unfurling umbrellas reacting to a sudden rainstorm.

When did a picture of yourself in a place become more important than the place?

The earnest and well-informed tour guide proceeded to show us around the grounds but upon each stop, half the group would walk away and proceeded to take selfies in front of the various dilapidated monuments.

It seemed so utterly wrong. "Here I am at Chichen Itza! A place I know nothing about because instead of learning, I choose to bask in self-admiration!"

It's like they'd paid \$150 to

be doing the exact same thing they do at home — stare at images of themselves. Except here they were able to spend more money doing it in a hot and dusty place.

It was distracting and super disrespectful, both to the tour guide and, frankly, to the late Mayans. But the most irritating part is that on Facebook, all these people will look less like the arseholes they are, and more like worldly, interested travellers.

When did a picture of yourself at the place become more important than the place? And if that's all you want, then go visit a green screen and have at 'er.

Rebecca Kohler is a standup comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter @becca_kohler

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Superheroes need a reality check

ANALYSIS

Real-world problems could provide poignant plot points for flicks

IN FOCUS

Richard Crouse



It's not a spoiler to let you know the Avengers save the world in Age of Ultron. The spectacular six have rescued the planet before and, no doubt, will save it again in the future. In superhero movies the globe is always on the eve of destruction.

The original movie, 2012's The Avengers, saw the team protect the planet from Thor's evil brother Loki while in Superman II, the Man of Steel battles three Kryptonian criminals set to obliterate our

orb. A baddie named M tries to wage world war in The League Of Extraordinary Gentlemen and recently the Fantastic Four prevented a giant cosmic entity called Galactus from gobbling up the earth.

"I see a suit of armour around the world," says Tony Stark in Age of Ultron. "Peace in our time, imagine that."

The movies get bigger every time out and with 30 more superhero flicks scheduled for the next five years — including Deadpool, Doctor Strange and Gambit — the mind reels at the ways villains might endanger our world. It sounds entertaining but haven't we've already been there? Where do you go from the threat of total annihilation?

Diminishing returns in terms of audience reaction, that's where.

We all know The Avengers will pull out all the stops to save Earth. Buildings will crumble, trucks will go airborne and giant cracks will appear where city



What if the moviemakers pitted superheroes against the Canadian Senate or other things that trouble us in our day-to-day lives? CONTRIBUTED

streets used to be, but by the end credits you know everyone will emerge relatively unscathed, with the bad people vanquished and the good guys grinning from ear to ear.

Viewers are left with CGI fatigue, but damn it, a catastrophe was averted. Again.

But we've been there, done that. Why not freshen things up and turn back the hands of the doomsday clock a few minutes to create tension in the form of different kinds of situations?

It sounds counterintuitive — bigger is always better, right? — but imagine Captain America going mano a mano with Kim Jong-un or Iron Man shrinking down to

the size of a microbe to battle cancer from the inside à la Fantastic Voyage.

The real world is a very complicated place. Every day the news delivers more bad information than all the tragedies of Aeschylus and Sophocles combined.

Stories of beheadings, terrorism and all manner of terrible behaviour flood the airwaves aching to be corrected by some sort of superhero.

How great would it be to see warrior princess of the Amazons Wonder Woman unleash the Lasso of Truth on the Canadian Senate or weather maven Storm get all medieval on climate change?

An injection of real-world

MOVIE RATINGS by Richard Crouse

Avengers: Age of Ultron ★★
Far From The Madding Crowd ★★★
Ride ★★
Preggoland ★★
Can't Stand Losing You: Surviving The Police ★★

HOW RATING WORKS
 ★★★★★ SEE IT
 ★★★ WORTHWHILE
 ★★ UP TO YOU
 ★ SKIP IT

issues might not make for big box office, but it certainly would infuse the movies with a sense of unpredictability — just like real life events. Real life is messy and volatile and that's what keeps it interesting.

I understand one of the reasons we go to movies like The Avengers: Age of Ultron is to see things we'll never witness

in real life, but it's hard not to agree with Hawkeye (Jeremy Renner) when he says:

"We're fighting an army of robots and I have a bow and arrow — it makes no sense!"

These movies try to dazzle our eyes — and they do! — but bringing them down to earth, literally, might help us engage our brains as well.



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SEQUEL

Stars of Avengers share fun facts on new flick



Ned Ehrbar
Metro|Life

The followup to 2012's massive *The Avengers* promises to be even more gargantuan, with new superheroes, more story to tell and a one really shiny, really deadly villain. So here's what you need to know going into *Avengers: Age of Ultron*.

1 Black Widow did not do her own stunts. "I don't think you're allowed to ride a motorcycle when you're still pregnant," Scarlett Johansson says. "I embarrassingly rode some sort of a mechanical bull type of motorcycle which goes nowhere and doesn't look cool at all. But we had some very professional and amazing motocross work being done that makes Black Widow look like a total badass."

2 Iron Man didn't do any meddling. According to franchise star Robert Downey Jr. — who kicked off the whole Marvel Cinematic Universe deal seven years ago with *Iron Man* — he didn't have to do any meddling with the script this time around. "I read [Joss Whedon's] script, I said, 'I think this is great.' (Marvel honcho) Kevin [Feige] said, 'You never say that, you can't mean that,'" Downey recalls.

3 It nearly killed Joss Whedon. "There's like 47 of these people, and I really didn't think that through. And

I regret very much doing this at all," jokes the writer-director, who was under tremendous pressure to follow up the critical and financial success of the first film. "At some point during the editing process, I could not have told you who they were, who I was, what movie I was making. I got so lost in it."

4 James Spader got a crash-course in Marvel movie-making. The Blacklist star embodies the chillingly evil robot Ultron bent on destroying the Avengers — and humanity in general. And he barely had any time to get into character. "Luckily I'd had some conversations with Joss and one fantastic meal with a whole bunch of wine to figure out who this guy was," says Spader.

5 There are secrets the cast can't divulge. Mark Ruffalo, who



Fact: Scarlett Johansson was pregnant during filming, so she did not do her own stunts in *Avengers: Age of Ultron*. HANDOUT

stars as the Hulk, says their studio bosses have ways of making them not reveal spoilers. "You know, we have a Marvel app on our iPhones and if you say something wrong it literally shocks you," he says. OK, maybe they don't really, but we wouldn't put it past them. Speaking of secrets ...

6 Hawkeye speaks! Jeremy Renner's Hawkeye admittedly didn't get a whole ton of screen time in the first *Avengers*, so he gets a bit more attention this time around. "I speak in this movie, which is awesome," Renner jokes. "I understood Hawkeye in the sense of he's a human just with a high skill set, so I could tap into that."

7 Jarvis comes to life! One of the new characters on display is the much-anticipated Vision, played by Paul Bettany, who had previously only served as the voice of Tony Stark's computer system, Jarvis. "However, I now also have to show up at press junkets, so everything's a double edged sword."

Heroine not defined by era

ADAPTATIONS

Carey Mulligan drawn to her character's strength

Matt Prigge
Metro|New York

Carey Mulligan says she wasn't really looking to do another period drama when *Far from the Madding Crowd* came along.

She's always done them, however, the role of Bathsheba Everdene — a headstrong, independent woman juggling three suitors to whom she's either indifferent or weirdly into — was too good to turn down.

The actress talks about how this Thomas Hardy adaptation was different and whether she'd ever do something bigger and splashier.

The uniqueness of Bathsheba Everdene: What I was so excited about was that it's a story that started with a woman who turned down a proposal of marriage. And a good one.

It's a young woman in one of the Victorian classics that doesn't start her story looking to be married and isn't looking to be defined by a man. It really hasn't crossed her mind that she would be married.

That was so exciting. That was obviously not the viewpoint of most women of the time. And throughout the story she enjoys bucking social conventions. She's incredibly complicated and stubborn and fallible and spontaneous and impetuous — all these things mixed together.

On the other actors: When you get to work with actors like this, there's a certain security — especially when you make an idiot of yourself in the first week, which is what I did.

On director Thomas Vinterberg: We had so many extensive, long conversations, going around and around on things. And Thomas said things over and over and over again. It was really annoying. By the time we were on set we were set on an idea. It was a complete collabora-



Carey Mulligan stars as Bathsheba Everdene in *Far from the Madding Crowd*. HANDOUT

“It's a young woman in one of the Victorian classics that doesn't start her story looking to be married and isn't looking to be defined by a man.”

Carey Mulligan, on Bathsheba Everdene

tion between all of our ideas. I was never going to fall into some kind of stereotype.

On the costumes: We wanted to feel like real people and not actors wearing outfits, not people wearing makeup — but still vaguely attractive in daylight.

We never wanted it to feel like a buttoned-up costume drama, where people wear outfits and look uncomfortable. It was about real people. The way Thomas shoots it's all about performances. The era is reflected in the costumes. The makeup and the hair, because we were outside all the time, could get ruined immediately.

It had to be endurable and functional. But they always made us look good, which

was a bonus.

The idea of her ever taking an action movie role: Never say never to anything. The decisions I've made over the last couple years have been driven by the characters and the scripts and the directors. I'm always drawn to really strong characters, but also characters that have a lot to them. I'm not really interested in playing two-dimensional people.

But what's amazing about Bathsheba is how complex and mixed-up and strong and resilient — she's just so many things in one. That's what I'm driven by. And if that came in the form of some action hero, then of course, that'd be great. But it might not happen.



Helen's Hunt for the perfect break



Helen Hunt and Luke Wilson star in Ride. CONTRIBUTED

INTERVIEW

Actress hangs ten in her new film about surfing and self discovery

Steve Gow
Metro | Life

For her latest movie, Helen Hunt was energized by a hobby she took up relatively late in life to break free from her comfort zone — surfing.

"My inspiration was hearing the phrase 'soccer mom' — all these mothers and fathers sitting on the sidelines while their kids play and have fun," admitted Hunt recently from L.A.

"I thought it would be very funny to write this woman who's so twisted up in her own intellect and (imagine) where would she feel the least comfortable."

In the comedy Ride, which Hunt wrote and directed, she stars as the stiff-necked New Yorker who winds up in California chasing her 20-something surf-seeking son after he drops out of college.

There, the bullheaded matriarch soon finds herself carving up some gnarly breakers as well.

"It's the simplicity of the sport," the 51-year old star explained of her real-life allure to surfing.

"All you need is a plank of wood or fibreglass and then your teammate or opponent

ON LOCATION

The toll of shredding

For Hunt, there was a lot of physicality involved in making a surfing movie. "It's wonderful and terrible as I tried to show in the movie," said Hunt. "There were days I just came home and I was shivering head to toe and I wasn't cold — I think it was just exposure or something."

— depending how you look at it — is this giant unpredictable thing that Mother Nature made.

"It's hard to think of anything more compelling."

Hunt admits directing her second film (after 2007's Then She Found Me) was not a simple task, however.

Spending up to eight hours a day being crushed by coastal waves was physically, even mentally demanding.

"On the other hand," added Hunt, "I felt like I was playing."

Interestingly, the twice Oscar-nominated actress (winning in 1998 for As Good As It Gets) points out the most difficult part of filming in water was actually the sound.

"Where I really screwed myself is I wrote eight pages of dialogue in water and there's a reason why people don't do that very often — it's really hard to shoot," said Hunt.

"I just hope people can hear what I wrote in there."

Ride opens in theatres May 1 and will be available On Demand May 12.

GAY 'PROPAGANDA'

U2 cover riles Russian MP

A member of Russia's parliament has asked prosecutors to determine whether Apple violated Russia's ban on gay "propaganda" when it delivered U2's latest album to a half-billion iTunes users for free last year.

Izvestia, a newspaper loyal to the Kremlin, reported Wednesday that it has a copy of Alexander Starovoitov's appeal to prosecutors in which he says the cover of the album Songs of Innocence shows two men "in a display of non-traditional sexual relations."



Songs of Innocence. HANDOUT

peal drew a comparison to the time in 2006 when President Vladimir Putin kissed a small boy's bare stomach.

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A dish that's Far from the Madding Crowd

COOKING

A simple lamb leg inspired by a classic Victorian novel

MY TV DINNER

Jessica Allen



Jessica Allen, the digital correspondent on CTV's *The Social*, faces two important questions every day. What's for dinner? And what to watch while she eats? Every Friday she'll free associate food, film and TV and discover that the answer to one question is usually found in the other.

I've never read any Thomas Hardy. I've also never cooked lamb. These two truths are related. Bear with me.

The most recent film adaptation of *Far from the Madding Crowd* — Hardy's fourth novel, which enabled him to quit his architectural day job — hit theatres Friday.



Jessica tried her hand at a traditional recipe of lamb with rosemary #oldskool #careymulligan #farfrommaddingcrowd. FILM IMAGE CONTRIBUTED/LAMB IMAGE JESSICA ALLEN

There are as many film versions you can watch at home as there are sheep in a herd. In the newest film, Carey Mulligan stars as Bathsheba: the kind of woman who "was indispensable to high generation." Hardy wrote of his heroine, who "was hated at tea parties, feared in shops, and loved at crises." Like a gender-reversed *Judgement of Paris*, Bathsheba must choose be-

tween three suitors: a sergeant, an older (and richer) bachelor, and Gabriel Oak, a sheep farmer.

That brings me to lamb, which, like many Canadians, I didn't grow up eating. My mom used to broil lamb chops for herself. But she knew we'd turn up our noses at something more exotic than Hamburger Helper. The Oxford Companion to Food suggests that on account of the

distinctive taste of lamb fat, domesticated young sheep meat has never been as popular as pork, beef and chicken in North America.

Here's the thing: I don't dislike lamb. But I've never gone out of my way to eat it. I'm inexplicably finicky about it — as stuffy as Hardy's Victorian crowd who disapproved of his lascivious prose that dared to suggest women



butterflied leg of lamb with garlic potatoes to be precise. I also bought peas. (English peas, obviously.) Although it was a first for me, the dish counts as one of Lawson's "most regular regulars," which she prepares year-round — outside over a grill if the weather permits it. On Sunday, it did. So I marinated the flayed leg, which resembled something from Ridley Scott's *Alien*, in olive oil, lemon zest, smashed garlic cloves and minced rosemary.

I grilled the fatty side first. It effortlessly crisped up — almost caramelized — and it smelled of the woods. It was all so glorious that I texted my partner Simon, who works on Sundays. "It's happening!" I said. "I am making the lamb!!!!"

The dinner could've easily fed four. But we chose to make it a dinner for two. I'd like to think that Hardy, who grew up in County Dorset, where heritage breeds of sheep are plentiful, would approve. Plus — and forgive me for the 141-year-old spoiler alert — he married Bathsheba off to the sheep farmer.

aspired to more than marriage. Like Bathsheba, I had to make a decision: And I decided to make a Sunday lamb dinner.

I would turn to British food writer Nigella Lawson's *How To Eat* for a recipe: her marinated

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The Police guitarist Andy Summers, center, with Stewart Copeland and Sting, gets profiled in the documentary *Can't Stand Losing You*. CONTRIBUTED

Looking back on The Police

FILM

In new documentary, guitarist Andy Summers tells it like it was

Linda Lab
Metro | New York

If anyone thought Andy Summers was simply The Police's guitarist, the rock doc *Can't Stand Losing You: Surviving The Police* puts things straight. As much as this is a story of the legendary trio — comprising Summers, Sting, and Stewart Copeland — it's Summers's story, based on his 2006 memoir *One Train Later*.

"When I was doing the book, I didn't want to write about The Police at all," Summers tells Met-

ro. "It was the most difficult part to write about."

Summers narrates the film and, in between Police hits, his unobtrusive score supports the visuals.

Summers doesn't gloss over his personal and career lows, and talks freely about drugs and partying — in the doc, he and Copeland hook up with the late John Belushi at one point.

But overall, *The Police's* musical bond is obvious and,

even when the cracks appear, the band seems dignified in their differences.

"I've never heard anyone say that about our band before," Summers chuckles at the word dignified. "But the press did portray us as three guys who hated each other 24/7. It's not true. What I like about the film is it does reveal the camaraderie and the humour.... We had too many good times and such success. Obviously, something worked."

Now playing



COMEDY

She's Funny That Way

Director: Peter Bogdanovich
Starring: Imogen Poots, Owen Wilson

A married Broadway director (Owen Wilson) implores a call girl to turn her life around while the star of his latest production makes a play for his wife (Kathryn Hahn) in this ensemble comedy from director Peter Bogdanovich.

ROTTEN TOMATOES™ SCORE

Critics: **Audience:**

No reviews yet **+83%**



DRAMA

Avengers: Age of Ultron

Director: Joss Whedon
Starring: Robert Downey Jr., Chris Evans

When Tony Stark jump-starts a dormant peacekeeping program, things go awry and Earth's Mightiest Heroes: Iron Man, Captain America, Thor, The Incredible Hulk, Black Widow and Hawkeye, are put to the ultimate test.

ROTTEN TOMATOES™ SCORE

Critics: **Audience:**

73% **+99%**



COMEDY

Ride

Director: Helen Hunt
Starring: Helen Hunt, Brenton Thwaites

In *Ride*, when an editor from *The New Yorker* (Helen Hunt) follows her son (Brenton Thwaites) to L.A. after he drops out of college to surf and find himself, she ends up being the one thrust into a sea change of self-discovery.

ROTTEN TOMATOES™ SCORE

Critics: **Audience:**

88% **+86%**



DOCUMENTARY

The Hunting Ground

Director: Kirby Dick
Starring: Diane Rosenfeld

From the team behind *The Invisible War* comes a startling exposé of rape crimes on U.S. campuses, institutional cover-ups and the brutal social toll on victims and their families.

ROTTEN TOMATOES™ SCORE

Critics: **Audience:**

92% **66%**

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Vergara's ex makes plea to save embryos

DISPUTE

Former fiancé of actress defends lawsuit in open letter

Actress Sofia Vergara's former fiancé says in an op-ed that he sued the Modern Family star to protect their frozen embryos because he longs to become a parent and doesn't want the "two lives" they created to "be destroyed or sit in a freezer until the end of time."

Businessman Nick Loeb wrote Wednesday on NYTimes.com that as the child of divorced parents he yearned to have the kind of family depicted in artist Norman Rockwell's iconic paintings.

He said when he was in his

20s, his girlfriend had an abortion and the decision was "entirely out of my hands." Later, he married a woman with whom he tried to have children with the help of a fertility specialist. The marriage eventually ended.

When he and Vergara became engaged, he said, he began "to push for children," but she insisted they use a surrogate.



This is not just about saving lives; it is also about being pro-parent.

Nick Loeb in an op-ed on NYTimes.com

He said initially two fertilized embryos were created. The first one implanted didn't take and the surrogate miscarried the second. "I felt crushed," he wrote.

Two more embryos were cre-

ated before their relationship ended. He said he was willing to take full parental responsibility if Vergara didn't want to share custody, but she refused.

The two had signed a form stating that any embryos they created could only be brought to term if both of them agreed. Loeb said the form didn't specifically say, as California law

requires, what would happen to the embryos if they separated.

"A woman is entitled to bring a pregnancy to term even if the man objects," he said. "Shouldn't a man who is willing to take on all parental responsibilities

be similarly entitled to bring his embryos to term even if the woman objects?"

Loeb said Vergara's lawyer has told reporters that she wants to keep the embryos frozen indefinitely. "In my view, keeping them frozen forever is tantamount to killing them," he said.

Vergara didn't immediately return a request for comment.

Loeb wrote that people have asked him why he doesn't just move on and have a family of his own. "I have every intention of doing so," he said. "But that doesn't mean I should let the two lives I have already created be destroyed or sit in a freezer until the end of time."

He said he takes the responsibility of being a parent seriously. "This is not just about saving lives; it is also about being pro-parent." THE ASSOCIATED PRESS



Sofia Vergara's ex, businessman Nick Loeb, is suing the star over their frozen embryos. GUSTAVO CABALLERO/GETTY IMAGES

SEPARATING INFORMATION AND JOURNALISM

Pssst, did you hear ... sometimes it's better to lose the news race



Fidel Castro and Joni Mitchell were both the subject of death rumours this week. LEFT: AFP/GETTYIMAGES; RIGHT: THE ASSOCIATED PRESS FILE



Joni Mitchell lapsed into a coma on the day Fidel Castro died. Except she didn't, we think, and he didn't. Probably.

Welcome to the world of the celebrity death rumour, and its terrifying effect on newsrooms.

This week, The Associated Press reported the 71-year-old folk singer was in a bad way.

So, in pursuit of web hits and knowing celebrity sells, news organizations across the world ran the story, until Mitchell's social media people tweeted that she was fine,

thank you, despite a stay in hospital. Cue hasty corrections, then conflicting reports about the singer's condition, which may or may not be serious, depending on whom you ask.

Meanwhile, rumours of the death of Castro, everybody's favourite cigar-chomping threat to freedom, swept this newsroom. To be fair, Castro has been sick for a long time, so it might happen soon. But, at the time of writing, he isn't dead. I think.

Fellow death hoax targets Jon Bon Jovi, Jeff Goldblum and Charlie Chaplin are also still alive. Oh, wait. Not Chaplin. But Morgan Freeman dies about twice a week.

Social media may be feeding this, but the power of rumour is not new.

Mark Twain's famous statement about reports of his death being "greatly exaggerated" was made after a newspaper report in 1897, for example. Then there's the persistent nonsense about why Paul McCartney was barefoot on the Abbey Road cover, and whether he'd kicked the bucket and been replaced by another left-handed bass player who looks a bit like Angela Lansbury.

We love rumour, but it's a source of consternation for journalists. My most hated day of the year is April 1, when

nobody can believe a word they read. I usually stay in bed until noon.

As long as humans exist, there will be glee at hoodwinking others. But in this fast-moving world, there's never been a greater need for checks; just ask the Associated Press.

Social media may dominate our lives, but it should never dominate our thinking. The Joni Mitchell error shows the value of reading proper news sources and recognizing the difference between information and journalism. Sometimes it's better to lose a race, and to be trustworthy.

Just don't forget to tweet me if you see Elvis.

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MAKING DREAMS COME TRUE

Swift reaches out to young fan battling cancer

The family of a 12-year-old Chicago girl with cancer says Taylor Swift called her to talk about music, touring and her disease.

Ed Beazley said Swift chatted with his daughter, Emily, for about 10 minutes Wednesday night.

Emily has non-Hodgkin lymphoma. Friends and family have been appealing to Swift through social media to call Emily, including a video with about 200 children singing and dancing to Swift songs.

Emily's mother, Nadia Beazley, says her daughter had "the biggest smile" and "jumped up and down" after the Grammy Award winner's call.

She says Swift's manager offered the family tickets and the opportunity to meet the singer at her Detroit concert May 30.

THE ASSOCIATED PRESS



A Rocky Mountain high

‘Really special’ Abbot Pass Hut straddles Continental Divide, two provinces

If it isn't already on your bucket list, it should be. Perched in the picture-perfect Rocky Mountains is one of the oldest and highest places in Canada to lay your aching bones and happy head.

The Abbot Pass Hut is a thing of beauty itself. Swiss mountain-

ers chiselled square blocks of rock out of the landscape to craft what has since been designated a national historic site. And it's like nowhere else on Earth.

The building straddles the Continental Divide and the Alberta-British Columbia boundary.

"You could go out the front door and throw a snowball down one side or down the other side and that snow, that water, would end up in two different oceans," says Keith Haberl with the Alpine Club of Canada.

You can

also make dinner in Alberta, he says, then walk across the hut and eat it in B.C.

"It really is a special place."

The alpine club took over the hut from Parks Canada in the 1970s. It also maintains and operates 24 others in Canada, making the network of back-country huts for hikers, mountain climbers and skiers the largest in North America.

Abbot Pass Hut's elevation is listed at 2,926 metres. So if you're coming from sea level, you'll first want to spend a few days in the area acclimating to the thinner air.

The only way to get to the trailhead is by booking a bus ride to Lake O'Hara in Yoho National Park; this year it runs June 19 through Oct. 4.

Once you're on the ground, the initial one to two hours of the hike is scenic and relatively easy. The next couple of hours is more gruelling, up a steep slope of small slippery rocks. A helmet is recommended as protection from rocks that fly from under the feet of people walking ahead.

But it's all worth it, says Haberl, who has made the trek a handful of times.

For some people, the hut is their destination. Others use it as a base and keep climb-

ing higher. No matter your reason for being there, you get to meet strangers and swap stories in front of a cosy fire at night. Everyone sleeps together in an upstairs loft.

Sleeping pads are provided along with cooking utensils, propane stoves and propane. There's also a wood stove and a stack of firewood.

There's no plumbing. But there's nothing like melting year-round snow in a bucket for water. And the outhouse has an amazing view.

THE CANADIAN PRESS

The Abbot Pass Hut is a national historic site.

DAVID PREISS/HANDOUT/
CANADIAN PRESS

+ IF YOU GO

Cost, bookings and more

The Abbot Pass Hut is open in the summer, closed in the winter. Bookings are made through the Alpine Club of Canada office in Canmore, Alta. Call 403-678-3200, extension 0.

The cost per night is \$25 for club members or \$36 for non-members.

The Abbot Pass Hut can accommodate up to 24 people. Bring your own food and sleeping bag.

THE CANADIAN PRESS

TRAVEL TIPS

Airbnb hosts should cultivate trust and safety



ON THE MOVE

Loren Christie

Three days ago a Calgary couple cut their vacation short after neighbours called to let them know their Airbnb renters were trashing their home. The couple is now faced with up to \$75,000 in damages.

As terrible as this couple's experience has been, it's important to remember this is

an anomaly.

In Canada there are more than 18,000 people using this industry-leading accommodation-sharing website and worldwide more than 35 million guests have stayed with Airbnb. According to Airbnb spokesman Jakob Kerr, "property damage is extremely rare."

One of the hallmarks of the site is the user reviews of both potential hosts and guests.

These reviews allow sides to vet each other based on

referrals and past experiences.

According to Aaron Zifkin, the country manager for Canada, "the secret sauce of Airbnb is trust and safety."

Airbnb has said it has zero tolerance for the behaviour of the Calgary guests and banned them from renting again through the website.

If you are still eager to make some extra money and wouldn't mind having strangers sleeping in your space, this incident should be viewed as a good lesson

but not a reason to never use Airbnb.

In addition to vetting potential guests through the user reviews, make sure to fill out the house rules section so your guests can understand what is expected of them before booking. Do they have to arrive before dinner? Is it lights out after midnight? Are pets allowed? Be comfortable saying no if something just doesn't seem right. You are under no obligation to host everyone.

Make sure to check on lo-

cal bylaws. Various jurisdictions, such as the province of Quebec, are looking at how to regulate this rapidly growing industry. Remember that any damage, as is the case for the Calgary homeowners, is covered under Airbnb's million-dollar insurance policy.

The sad part about this incident is it takes away from the fact the overwhelming majority of Airbnb experiences are extremely positive. It costs nothing to sign up for a free listing. Airbnb also of-

fers a free photography service where a photographer will come to your home and take professional pictures of your property. Plus you get the chance to meet interesting people from around the world.

If you are a person who will never cruise again because of a Norwalk virus outbreak on a cruise ship, then Airbnb may not be for you. The bottom line is you have to be comfortable with the idea of strangers in your home.

5

Mumbai is affectionately dubbed The Gateway to India, welcoming millions of tourists each year who are keen to tap into the nation's largest city. Uncover Mumbai's hip haunts and quirky attractions with these top tips.

ANDREW JOHN VIRTUE DOBSON FOR METRO



COLABA SOCIAL

Colaba Social

If you're keen on checking out a funky restaurant and also have an interest in sitting with locals to chat over the latest cricket match, then head to Colaba Social. The restaurant is where local hipsters and the city's fashion fans come to sip on ginger-spiked margaritas and nibble on spicy dishes such as Goan Prawn Curry and Pulled Tandoori Chicken Makhani Bao.



Elephanta Island

Mumbai's most popular day trip for those looking to get out of the city undoubtedly starts with an hour-long ferry ride to Elephanta Island. Populated only by a small fishing community, it was originally known as Gherapura, the "city of Ghara priests", until the Portuguese renamed the island in the 16th century in honour of the carved elephant they found at the port. Its chief attraction is its unique cave temple, whose massive Trimurti (three-faced) Shiva sculpture is as fine an example of Hindu architecture as you'll find anywhere.



Abode Bombay

The Abode Bombay boutique hotel shines brightest as a leader in social responsibility, selling a colourful array of trinkets in a gift shop that supports local non-government organizations, empowering women by working with a women-run taxi company (whose drivers are in many cases single mothers and the sole earners in their family), and supporting a school for the blind.



Dhobi Ghat

Mumbai's most unusual attraction is the Dhobi Ghat, an open-air laundromat where washers work in the open to clean the clothes and linens from local hotels, hospitals and households. Enjoy a magical tour of the famed al fresco laundry village while watching suds fly as a rainbow of linens gently sway in the wind.



Taj Hotel

Top off the perfect day by indulging in high tea at the city's iconic Taj Hotel. Enjoy a stunning view overlooking the harbour as the sun sets across India's own Arc de Triomphe, the towering Gateway to India.

ALL PHOTOS (EXCEPT FOR COLABA SOCIAL) BY ANDREW JOHN VIRTUE DOBSON

SOME TRAVEL AND ACCOMMODATION COSTS WERE COURTESY OF TOURISM INDIA

Black Forest: the stuff of fairy tales

GERMANY

Area houses camping spot, mountains and famous cake

The Black Forest gets its name from a canopy of trees so dense that the woods seem dark, pierced only by shafts of sunlight. Mushrooms sprout across the damp forest floor. Red squirrels scamper up the towering trees; streams tumble over rocks.

No wonder this magical place inspired so many Grimms' fairytales. But the bleak name Black Forest — Schwarzwald in German — does not capture its beauty.

You can camp near the village of Enzklosterle (muellerwiese.de), in one of hundreds

of valleys scattered across the forest's vast, mountainous expanse.

Bring your own tent or RV (RV rentals are available at the Frankfurt airport); rent a tent, cabin or apartment; or choose from a variety of hotels.

The forest stretches across 6,000 square kilometres in the southwest of Germany, an easy trip from Frankfurt.

Mountainous area

But this is no spa resort, and the mountains beckon. There are paths here of all types, from gentle strolls to demanding long-distance hikes, all well-signed and maintained. The region is also popular with mountain bikers.

Mushrooms of all shapes, sizes and shades emerge from rotting tree stumps and leaves in vivid crimsons, delicate



A waterfall in Triberg, Germany, serves as a backdrop for a stroll in the Black Forest area.

SHOIHAN STARRS/THE ASSOCIATED PRESS

corals, black, brown, purple and orange. You mustn't try them without expert guidance though; like potions in a Grimm Brothers story, they might be poison.

On a rainy day, drive an hour to medieval Schiltach

and another half-hour to the town of Triberg.

Traditional half-timbered houses — with gabled roofs and framed windows forming distinctive geometric patterns on the building facades — add to the fairy-tale look of

the towns. Triberg also boasts three claims to fame: cuckoo clocks, Black Forest cake and Germany's highest waterfalls.

The waterfall trails are busy with visitors watching the Gutach river plunge in seven cascades, more than 160 metres

into the valley below. For a taste of Old World charm, why not window-shop for cuckoo clocks. Prices range from \$27 CDN for the tiniest clock, to more than \$1,350 for a large carved timepiece.

Shopping, sightseeing

On the outskirts of town, visit what is billed as the world's largest cuckoo clock. For \$2.70, you can have a tour of its mechanisms.

The Black Forest's culinary showstopper also demands to be tasted.

Triberg claims the original recipe of the famous Black Forest cherry cake, which is not as sweet as variations elsewhere, but offers a light chocolatey sponge, soaked in cherry schnapps, filled with cream and cherries, and topped with chocolate shavings.

THE ASSOCIATED PRESS

TRAVEL NOTES IRISH CHARM AND CARIBBEAN SPLENDOUR

Ireland's Ashford Castle gets a reno

Luxury brand Red Carnation Hotels recently finished work on Ashford Castle in Co. Mayo in the west of Ireland. The castle dates back to 1228. The renovation included the addition of a 32-seat cinema,

billiard room, cigar terrace and children's games room. Home to the Guinness family for more than 100 years, the castle has welcomed the likes of King George V, singer Barbra Streisand and actor John Travolta. Visit AshfordCastle.com.



Ashford Castle. CONTRIBUTED

Bucket List: Grace Bay Club

Providenciales, Turks and Caicos, sets the scene for this little paradise, one of the first all-oceanfront suite resorts in the Caribbean. With more than 1,000 feet of beach and three levels of accommoda-

tion, Grace Bay offers water-sports, golf, tennis, horseback riding and lots of lying around while being waited on hand and foot. This retreat is also home to the Caribbean Food and Wine Festival each year. Visit GraceBayResorts.com. DOUG WALLACE



Grace Bay Club. CONTRIBUTED

A Saturday as big as it gets

MAYWEATHER-PACQUIAO

Fight of the century not only event to anticipate

The most-anticipated fight of all time; the best-known horse race; the premier baseball rivalry; the NFL draft: Those are just the highlights.

Super Saturday — perhaps a day unlike any other in the history of sport — awaits.

Stock the refrigerator, replace the remote batteries, get the weekend errands done early, invite your friends, fire up that grill and if you're very fortunate, confirm those flights. For the sports consumer, an amazing number of options will be available.

From the Floyd Mayweather-Manny Pacquiao fight that could generate \$400 million and topple every known record in boxing history, to the 141st edition of the Kentucky Derby, to the New York Yankees and Boston Red Sox colliding for the 2,142nd time to the NFL draft's finishing rounds and so much more, it's a sports enthusiast's dream.

The fight in Las Vegas is overshadowing all, with good



The pay-per-view for the Mayweather-Pacquiao fight will cost around \$100 to watch in your home. JOHN GURZINSKI/AFP/GETTY IMAGES

reason.

"I don't plan on being there," said Masters champion Jordan Spieth, "but I may be."

Here's the translation. Spieth is playing in the Match Play Championship at San Francisco — another really big event that won't generate much of a blip this weekend because of everything else happening in

the sports world. If he's ousted before Saturday, his consolation prize is a trip to Vegas.

"There are tickets," Spieth said.

Tickets, yes — ones he doesn't want to use, but at least he has them. Most people didn't have a chance at getting into the MGM Grand this weekend, and some deep-pocketed folks have spent more than \$250,000

for a pair of prime seats.

"I've never seen anything like this in my life," said Freddie Roach, Pacquiao's trainer.

He meant the spectacle surrounding the fight.

He could have just as easily been talking about the worldwide hub-bub of what awaits on

Super Saturday.

"It's time to fight now ... the biggest fight in boxing history," Mayweather said.

THE ASSOCIATED PRESS

+ DREAM DAY

THE DERBY

A field of 20 will run for the roses at Churchill Downs. About \$125 million was bet on the Derby last year, more than 160,000 fans are expected at Churchill and it's not implausible to think that 15 million or so will watch on TV in the U.S. alone.

THE PLAYOFFS

The NHL playoffs continue, with Washington and the New York Rangers in Game 2. Depending on what happened Thursday, there's a chance the NBA could see one or two Game 7s to end the first round.

FOR EVERYONE ELSE

Real Madrid face Sevilla in a very big Spanish soccer match, NASCAR has qualifying at Talladega on Saturday, no small event on its schedule either. There's an LPGA tournament, plus Detroit and Kansas City are squaring off in a matchup of two of baseball's best teams early this season.



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NFL DRAFT TAMPA BAY END SUSPENSE WITH WINSTON PICK Jameis Winston takes the call from Tampa Bay Buccaneers Thursday in Bessemer, Ala. The Bucs put an end to months of speculation by selecting the talented-but-troubled signal caller, who won the Heisman Trophy in 2013. BUTCH DILL/THE ASSOCIATED PRESS

Wiggins cruises to rookie of the year

NBA AWARD

Landslide victory for Minnesota star, Ontario native

Dressed in a Navy blue tuxedo with shiny black lapels, Andrew Wiggins certainly looked the part while collecting his NBA rookie of the year award Thursday.

The Canadian phenom looked even better on the court in his first season in the league.

Wiggins became the first Minnesota Timberwolves player to win the rookie of the year, and he did it in a landslide. The Vaughan, Ont., native received 110 of 130 first-place votes and had 604 points in the voting. Chicago's Nikola Mirotic finished second with 14 first-place votes and 335 points and Philadelphia's Nerlens Noel was third.

"It means a lot to me. I know it means a lot to the organization and there's a whole lot of history," Wiggins said. "It should bring a lot of hope for the future of the Minne-

sota Timberwolves. It should give people a different look at things. This is the uprising. We've got a lot of young talent."

After coming to the Timberwolves in the trade that sent Kevin Love to Cleveland, Wiggins averaged 16.9 points and 4.6 rebounds while playing all 82 games.

Wiggins was drafted No. 1 overall by the Cavaliers last summer and has been a heavily hyped prospect since he was a teenager. He lived up to that in his first year in the NBA, emerging as the new centerpiece of a franchise that has not made the playoffs for 11 straight

years. "When I first came here a couple years ago, I met with (owner Glen Taylor) and said the No. 1 thing we had to do to build a franchise and develop that culture was to get a game-changing type player," coach and team president Flip Saunders said.

"A player that was a two-way type player that could play offence, could play defence. Last year, Aug. 23, when we traded for Andrew Wiggins we got that type of player. And we were ready and set to go."

Wiggins also impressed fellow Canadian Steve Nash, who retired earlier this year after an illustrious NBA career.

"Andrew had a remarkable rookie season in the NBA," Nash, the general manager of Canada's national team, said in a release. "It is exciting for Canada to have a player like Andrew." THE ASSOCIATED PRESS



Andrew Wiggins scored 15 points in front of friends and family in 105-100 loss in his first pro game in Toronto on March 18. BERNARD WEIL/TORSTAR NEWS SERVICE

RECIPE Chicken Morsels with Rice Noodles and Sesame Sauce

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

Twitter: @rosereisman



Ready in

Prep time: 15 minutes

Cook time: 11 minutes

Ingredients

Serves 4

- 1 lb skinless boneless chicken thighs, diced
- 1 Tbsp low-sodium soy sauce
- 1 Tbsp cornstarch
- 2 tsp vegetable oil
- ½ cup chicken stock
- 2 Tbsp rice vinegar
- 3 Tbsp low-sodium soy sauce
- 2 Tbsp brown sugar
- 2 Tbsp molasses
- 1 Tbsp cornstarch
- 2 tsp sesame oil
- 1 tsp hot chili paste (or to taste)
- 6 oz medium rice noodles (¼ inch wide)
- 1½ cups thinly sliced red or yellow bell pepper
- 1½ cups thinly sliced snow or sugar snap peas
- 1/3 cup chopped cilantro or parsley
- 2 tsp sesame seeds, toasted
- Fresh bean sprouts and chopped red onion (optional)

Directions

1. Place chicken, soy sauce and cornstarch in a bowl; stir till well combined. Add oil to large non-stick wok and sauté chicken 4 minutes, until almost cooked. Remove and set



aside. Wipe out the pan.

2. For sauce, combine stock, vinegar, soy sauce, sugar, molasses, cornstarch, sesame oil and chili paste in a small bowl; stir until well combined.

3. Cook noodles in boiling water 2 minutes. Drain and set aside.

4. Respray wok with cooking oil and add peppers and peas. Sauté 2 minutes, stir in the sauce and chicken. Cook, stirring, for about 1 minute, until the sauce has thickened. Add the rice noodles and heat thoroughly, about 2 minutes. Serve on a large platter garnished with cilantro or parsley and sesame seeds. Scatter bean sprouts and onion on top, if desired.

Nutrition information per serving

- Calories 317
- Protein 40 g
- Fat 11 g
- Saturated fat 2 g
- Carbohydrates 16 g
- Cholesterol 148 mg
- Sodium 506 mg
- Fibre 1.9 g

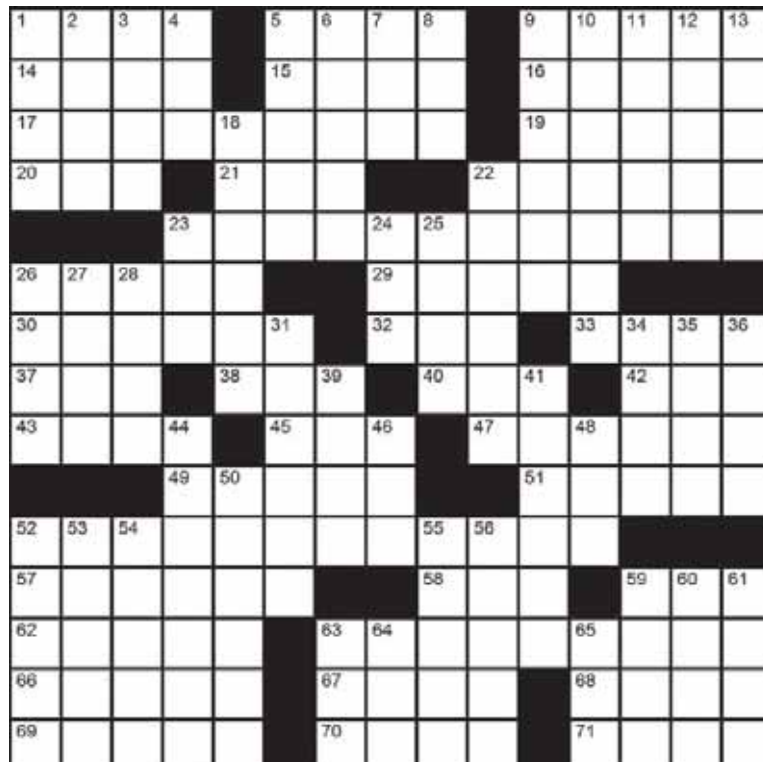
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Facial arch
- Adhere
- Chunks
- Hawkeye State
- Lima's land
- Engraved head necklace piece
- Iron Man's alter ego in the new Robert Downey Jr. superhero movie at #30-Across: 2 wds.
- Canadian singer Eva of "Bitter Meets Sweet"
- First aid team, e.g.
- She alternative
- Portland's state
- Carey Mulligan's new movie based on the 1874 Thomas Hardy novel, "Far from the ____" (2015)
- Shock weapon
- The Carpenters songstress
- "Avengers: Age of ____" (2015)
- Centre
- Inscribe
- Furthermore
- ____ King Cole
- Pharaoh snake
- Shed tool
- Beehive State
- ____-i-Noor Diamond
- Journalist's informative contact
- Thwart
- Regular



- "Rough Hands" and "This Could Be Anywhere in the World" band from St. Catharines, ON
- Best Buy purchase
- 'Germ' add-on (Relevant)
- Queest's opposite

- 'Punny' joke reaction
- Sport for Harry Potter
- Befuddle
- Commedia dell'arte
- Lei-wearer's party
- BC: Island of the Haida Gwaii

- archipelago
- Pizza ____ (Product by frozen meals brand Michelina's)
- Nice

DOWN

- Chomp
- Leeway
- Possesses

- Method
- Chose
- Shaver's target
- Be mistaken
- Little laugh
- Hard to come by
- ____ & Shirley"
- Friend
- Under
- ____-so

- ____, Lois & Bram
- Shrek's beloved Fiona, for one
- Sea: French
- Pres. Eisenhower
- "Glee" actress Ms. Rivera
- Ballet skirt
- Much: 2 wds.
- Ancient portico
- Village in BC known for its hot springs
- Drive-____
- ____-Cola
- Scoundrel
- "What's Love Got ____ with It" by Tina Turner
- Served the orange juice
- Ron ____ (Brandon, MB born goalie who is currently GM of the Philadelphia Flyers)
- Farm bird
- Function
- Mr. Richie, Nicole's dad
- Pertaining to a pond's green film
- Greasy
- Lyric poem
- Stefano ____ Canadian celebrity chef
- Book's reference section
- Dainty case
- Skim over
- Dull sound
- ____ in Quebec
- Vase
- Type

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Mercury's change of sign today urges a change in attitude on your part. Try taking a step back from what you have been stressing about over the past few weeks.

Taurus April 21 - May 21
The more others try to change your way of looking at things the more you will dig in your heels, and you are right to resist. Only you know what is best for you and your instincts tell you this is a time for consolidation, not change.

Gemini May 22 - June 21
It is time to seize the initiative, declare your independence and start something new. With Mercury, your ruler, moving into your own sign today you can be sure that whatever you begin will be stamped with the mark of success.

Cancer June 22 - July 23
There are times when you are quite unsocial and this is one of them. By all means spend some time by yourself to think things through and decide what your next major move is going to be.

Leo July 24 - Aug. 23
Social activities are under excellent stars at the moment, so take time out of your busy schedule to have fun with friends. Also, if there is some kind of cause or social movement that is close to your heart now is the time to get more involved.

Virgo Aug. 24 - Sept. 23
If you are not making career plans then you should be. Don't think only in terms of earning money and moving up the corporate ladder, think too about making a difference.

Libra Sept. 24 - Oct. 23
This is a good time to be on the move but if work and family commitments keep you stuck in one place you can at least make vacation plans for later in the year. Go somewhere exotic.

Scorpio Oct. 24 - Nov. 22
Mind planet Mercury moves into one of the more secretive areas of your chart today, so chances are you won't have much to say for yourself and what you do say will be deliberately misleading. Just watch out you don't mislead yourself.

Sagittarius Nov. 23 - Dec. 21
Partners and loved ones will have plenty to say for themselves today and not all of it will be music to your ears, but do listen. Once they have let off steam things will quickly get back to normal.

Capricorn Dec. 22 - Jan. 20
A task you have been putting off for ages will have to be dealt with over the next few days. Then you can turn your attention to more enjoyable things.

Aquarius Jan. 21 - Feb. 19
Don't worry if your confidence has been a bit low in recent weeks because as from today you will be much more positive about your long-term prospects. It's always a great time to be you, but now more so than ever.

Pisces Feb. 20 - March 20
A needy individual may get on your nerves but being the nice guy you are you will do what you can to help them. But make sure they know that this is not going to become a regular thing. Sooner or later they have to get a grip.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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